



## Concussion Procedure and Protocol

All Allegheny Highlands Youth Soccer coaches and staff are required to educate themselves on the concerns and importance of our concussion protocol. The club will use the tools provided by US Youth Soccer and the program Heads Up, Concussions in Youth Sports to facilitate this training.

### CONCUSSION SIGNS, SYMPTONS, AND MANAGEMENT AT TRAINING AND COMPETITION

#### **Step 1:**

Did a concussion occur?

Evaluate the player and note if any of the following signs and/or symptoms are present:

- 1) Dazed look or confusion about what happened.
- 2) Memory difficulties.
- 3) Neck pain, headaches, nausea, vomiting, double vision, blurriness, ringing noise or sensitivity to sounds.
- 4) Short attention span. Can't stay focused.
- 5) Slow reaction time, slurred speech, bodily movements are lagging, fatigue, and slowly answers questions or has difficulty answering questions.
- 6) Abnormal physical and/or mental behavior.
- 7) Coordination skills are behind, examples: balancing, dizziness, clumsiness, reaction time

#### **Step 2:**

Is emergency treatment needed?

Emergency treatment is needed for the following scenarios:

- 1) Spine or neck injury or pain.
- 2) Behavior patterns change, unable to recognize people/places, less responsive than usual
- 3) Loss of consciousness
- 4) Headaches that worsen
- 5) Seizures
- 6) Very drowsy, can't be awakened
- 7) Repeated vomiting
- 8) Increasing confusion or irritability
- 9) Weakness or numbness in arms and legs

**Step 3:**

If a possible concussion occurred, but no emergency treatment is needed, what should be done now?

Focus on these areas every 5-10 minutes for the next 1-2 hours, without returning to any activities:

- 1) Balance, movement.
- 2) Speech.
- 3) Memory, instructions, and responses.
- 4) Attention on topics, details, confusion, ability to concentrate.
- 5) State of consciousness.
- 6) Mood, behavior, and personality.
- 7) Headache or “pressure” in head.
- 8) Nausea or vomiting.
- 9) Sensitivity to light and noise.

**Step 4:**

A player diagnosed with a possible concussion may return to play only after release from a medical specializing in concussion treatment and management.

**Step 5:**

If there is a possibility of a concussion do the following:

- 1) Remove the player from activity.
- 2) If a parent/legal guardian is not present, then the team official or manager is responsible for notifying the parent/legal guardian ASAP by phone or e-mail. When the parent/legal guardian is not present, the team official must make a record of how and when the parent/legal guardian was notified. The notification will include a request for the parent/legal guardian to provide confirmation that they are aware of the concussion protocol.