

Concussion Presentation 3/23/16

1. Check websites:

<http://www.mayouthsoccer.org/coaches/concussions/>

<http://www.ussoccer.com/about/recognize-to-recover/concussion-guidelines>

Training Video:

<https://ussoccer.app.box.com/s/ruqcsf0671k1bcf6dzwf/1/916468608/50456197957/1>

2. Coaches on an annual basis shall review concussion video and materials.
3. Parents on an annual basis shall acknowledge that they have reviewed and understand the concussion video, and have discussed with players these issues and the need to be candid with coaches and referees about any injury they may sustain.
4. Players over the age of 13, on an annual basis, shall acknowledge they have reviewed and understand the concussion video and they understand the need to be candid with parents and legal guardians, coaches, and referees about any injury they may sustain.
5. No return to play or practice unless evaluated by a healthcare professional, for any player who sustains a significant blow to head or body, who complains about or is exhibiting symptoms consistent with having suffered a concussion, or is otherwise suspected of having sustained a concussion. To be enforced by referees.
6. No heading by players in U10 or U12 games. See rule for indirect free kick.
7. For U12 players, heading training be limited to a maximum of 30 minutes per week, with no more than 15-20 headers per player per week.

CONCUSSION POLICY OF WAKEFIELD SOCCER ASSOCIATION

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.

You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion show up right after injury or can take hours or days to fully appear. If a player reports any symptoms of concussion or if you notice the symptoms or signs of concussion, seek medical attention right away.

The signs and symptoms are any change in the athlete's behavior, thinking, or physical functioning. These can include appearing dazed or stunned, being confused about assignment or position, forgetting plays, being unsure about game, score, or opponent, moving clumsily, answering questions slowly, and not being able to recall events prior to the hit or fall, or after the hit or fall. The athlete may report a headache or pressure in the head, nausea or vomiting, balance problems or dizziness, double or blurry vision, sensitivity to light or noise, feeling sluggish, hazy, foggy, or groggy, concentration or memory problems, confusion, or just not feeling right.

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. A copy of such written clearance to return to play from a licensed health care provider must be given to the coach.

Athletes may not report symptoms due to wanting to play or not understanding signs and symptoms. Question the honesty of the athlete. Watch for headache, vomiting, etc. Watch for any behavioral changes, cognitive changes, or balance changes. Observe the player on the sideline. Young athletes recover more slowly from concussions than adults. Female soccer players had a 40% higher incidence rate than male soccer players.

It is the responsibility of the parent/guardian of every player to inform the coach immediately if the player suffers a concussion or apparent head injury in any activity, including outside of soccer.

Everyone needs to work together, coaches and parents. Our emphasis is on safety, not on rapid return to play. Each concussion needs a minimum of one week off from game competition and practice. Each head injury is different, and some may require more time off. Second concussions before complete recovery can be devastating and career ending.

As adopted August 29, 2011

March 5, 2016

To: All Massachusetts Youth Soccer Association Member Organizations (Towns, Clubs, Leagues)
From: Massachusetts Youth Soccer Association Board of Directors
Re: Mass Youth Soccer's Adoption of Recognize To Recover Program Heading Policies

Effective immediately, the Massachusetts Youth Soccer Association Board of Directors has voted in and will implement the following policy and modified laws of the game for heading. This requirement is for all Mass Youth Soccer affiliated activities, including but not limited to, Mass Youth Soccer affiliated member organization league play, practices and tournaments. Mass Youth Soccer's current Concussion Protocol remains in effect pending further adoption by the Board of US Soccer's Recognize to Recover (R2R) program initiatives.

Mass Youth Soccer will post and appropriately distribute any additional changes, stemming from the R2R program, to rules, policies, guidelines, etc. when determined and as timely as possible.

HEADING

For all Mass Youth Soccer and all Member Organizations the following will be adhered to.

Approved

3/8/16

Heading Not Permissible

- a) Players by Age
 - (1) All players age 10 years old and younger, regardless of what age group program they are playing in, shall not engage in heading either in practice or in games
- b) Programs by Age Group
 - (1) All players in single year age groups of U11 programs and younger shall not engage in heading either in practice or in games.
 - (2) All players in dual year age groups which incorporate a U11 program (e.g. U11/12) shall not engage in heading in games. Training is permissible for player age 11 and 12 per limitations noted below.

Limited Heading in Practice, No Limit in Games

- a) Players by Age
 - (1) For all players between the ages of 11 and ¹²12 heading training will be limited to a maximum of 30 minutes per week with no more than 15-20 headers per player, per week. No limit of heading in games.

Heading Training

Mass Youth Soccer and all Member Organizations are to inform all coaches to teach and emphasize the importance of proper techniques for heading the ball.

Heading Infraction

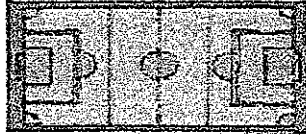
For those players designated as not being permitted to head a ball in games as identified in the above section Heading Not Permissible the following modified law 12 will apply.

An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee:

- Deliberately heads or attempts to head the ball.

If, in the opinion of the referee, a deliberate header or attempt to head occurs within the goal area, the indirect free kick will be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If, in the opinion of the referee, a player does not deliberately head or attempt to head the ball, then play should continue.

COACHES SAFETY CHECKLIST



Prior to all practices and games all coaches should adopt the habit of making sure the field and goals provide for a safe environment for the players and spectators

FIELD SAFETY

Walk the field:

- ♦ Inspect for any foreign object
- ♦ Check for pot holes
- ♦ Make sure sprinkler heads are sealed
- ♦ Notify your club and field owners of unsafe field conditions (in writing)
- ♦ Do not allow anyone to use the field until all hazards have been corrected

GOAL POST SAFETY

- ♦ Make sure goals are properly fastened and anchored to the ground
- ♦ Inspect goal post for sharp corners and unsafe rusting
- ♦ Portable goal posts should only be moved by authorized personnel or under proper supervision
- ♦ Forbid any horseplay by players or members of the public on or around any goal post
- ♦ Anchor or chain one portable goal to another or to a nearby fence when not being used
- ♦ Remove nets (if possible) when goals are not in use

PLAYER SAFETY

- ♦ Communicate the law of the game to all players and parents
- ♦ Position yourself to provide proper supervision at all times
- ♦ Make sure jewelry and hair pieces are removed and shoe laces tied
- ♦ If severe weather approaches, remove all players from the playing fields immediately.
- ♦ Know the location or nearest emergency health care facility. Also you must know of any health issues your players may have.
- ♦ Keep a first aid kit handy at all times, phone numbers of parents/emergency contacts, cell phone
- ♦ Arrange for supervision of players without rides at conclusion of every practice
- ♦ Make sure you or an official on the field has basic first aid training.
- ♦ Don't hesitate to involve the parents with maintaining the safety of your players

INJURY CLAIMS

- ♦ Maintain a supply of player medical claim forms
- ♦ Obtain and record relevant information about an injury to a player and/or spectator-at time of incident
- ♦ Keep a first aid kit handy at all times, phone numbers of parents/emergency contacts, cell phone

