



Heritage Soccer Club Concussion Management Plan

CONCUSSION LEGISLATION INFORMATION

On Sept 23, 2016, California State Law AB-2007 was signed into law updating existing requirements for Head Injury Policy and Requirements. The law requires awareness, education and protocol for concussion-related injuries.

THE PEOPLE OF THE STATE OF CALIFORNIA DO ENACT AS FOLLOWS:

(1) An athlete who is suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the activity for the remainder of the day, and shall not be permitted to return to any athletic activity until he or she is evaluated by a licensed health care provider, trained in the management of concussions, acting within the scope of his or her practice. The athlete shall not be permitted to return to the activity until he or she receives written clearance to return to the activity from that licensed health care provider. If the licensed health care provider determines that the athlete sustained a concussion or other head injury, the athlete shall also complete a graduated return-to-play protocol of no less than seven days in duration under the supervision of a licensed health care provider.

(2) On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the athlete and the athlete's parent or guardian before the athlete's initiating practice or competition.

(3) On a yearly basis, HSC will be offering concussion and head injury education to all coaches and staff.

(4) All coaches will complete concussion education before coaching/training a team. Staff members cannot receive a staff pass until this training is completed.

As a result, Heritage Soccer Club has implemented the following concussion management plan including:

- Concussion Education
- Certification of training by all coaches, trainers & managers holding a US Club Soccer Staff pass
- Athlete & Parent/Guardian HSC Concussion Management Plan Agreement
- Pre-Season ImPACT Concussion Assessment
- Mandatory Concussion Action Plan in the event of a suspected concussion

- Additional Resources

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. This affects the way an individual thinks, acts, behaves, and the physical skills needed to function on a daily basis. Each concussion is unique to each person, but there are some common signs and symptoms to be aware of to determine if an individual has a concussion.

Over the past few years, the medical community has become increasingly aware of the effect of head trauma on the adolescent brain. Teenagers and young adults often don't exhibit symptoms of a mild traumatic brain injury (MTBI) resulting from a level of impact that would cause more obvious findings in an adult. Consequently, an adolescent athlete with post-concussive syndrome most likely has suffered a more substantial injury than an adult with a similar level of symptoms. After suffering an initial MTBI, the young athlete is at a five-fold risk of sustaining another. If repeated trauma, however mild, occurs after the initial injury has had a chance to fully resolve "[second impact syndrome](#)" may result--with tragic consequences. The International Conference on Concussion in Sport has developed a [Consensus Statement](#) expounding the recommended protocol for management of MTBI in the competitive athlete. Pre-season baseline evaluation, as well as close post-injury follow up are the mainstay of proper management.¹

RECOGNIZING A CONCUSSION

Two signs to look for among athletes during both games and practices are:

- A forceful blow to the head or body that results in rapid movement of the head
- Any change in the athlete's behavior, thinking, or physical functioning

SIGNS AND SYMPTOMS OF A CONCUSSION

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. Each person responds differently to a concussion. Those who have a concussion in the past are also at risk of another one and may find that it takes longer to recover if they have another concussion.

Symptoms observed by coaching staff:

- Appears dazed or stunned
- Is confused about their position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (*even briefly*)
- Shows mood, behavior, or personality changes
- Can't recall events *prior* to hit or fall

Symptoms reported by athletes:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling"
- Can't recall events *after* hit or fall down"

When in Doubt, Sit Them Out.

There is nothing that truly prevents a concussion. Measures can be taken to reduce the risk of a concussion occurring. **The biggest way to prevent concussion is to know the signs and symptoms and educate other parents and coaches about concussions.** When an athlete knows when something is wrong and comes forward at the first sign of a concussion instead of continuing to play, the recovery time, magnitude of the brain injury, and the potential for long-term after effects of the brain injury are reduced.

Educating the athletes and the people around those athletes about concussion is a huge prevention technique. **Teach an athlete that it is not smart to play with a concussion.** It's important to teach athletes, parents, coaches, aunts, uncles etc. that putting pressure on an athlete to return too early from a concussion is not helping the athlete; it's making it worse. If an individual has a concussion, his/her brain needs time to heal. By making sure an athlete returns symptom free and performs a gradual return-to-play progression, a repeat concussion can be prevented.

Also keep track of concussions. If an individual has multiple concussions, and each subsequent concussion took less force to produce, that is a warning sign that the brain was not given enough time to heal before that person returned to play.

PREVENTION AND PREPARATION:

Coaches play a vital role in preventing concussions and responding to them properly. All HSC adults with a US Club adult pass must view an online video. There is brief test administered at the end. Coaches are to take the test before they can train and supervise their team

<http://www.sidelinesportsdoc.com/usclubsoccer/>
(Certificate must be filed with HSC)

It is an expectation that all coaches utilize the CDC Clip board guide on the field to assist them in recognizing a possible concussion.

Athletes, parents, guardians and family education is also critical in concussion management and responding to them properly. All HSC athletes and their parent or legal guardian must sign HSC's Athlete and Parent/Guardian Concussion Management Plan Acknowledgement Form before the athlete may practice with a team. It is highly recommended that all players and their families review the Concussion information at: <https://www.cdc.gov/headsup/youthsports/index.html>

HSC's Athlete and Parent/Guardian Concussion Management Plan Acknowledgement Form

Coaches, Parents, Guardians and Athletes Should:

- Review the CDC Concussion Fact Sheet with your athletes to help them recognize the signs of a concussion.
- Insist that safety comes first.
- Encourage athletes to practice good sportsmanship at all times.
- Encourage athletes to immediately report symptoms of concussion.
- Prevent long-term problems. A repeat concussion that occurs before the brain recovers from the previous one (hours, days, or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death.

PRE-SEASON ImPACT TESTING

Heritage Soccer Club recommends all HSC athletes 10 years and older, receive a Pre-Season ImPACT Test. HSC has partnered with Dr. Nash at East Bay ImPACT Center to perform ImPACT testing for HSC athletes over 10 years old. Pre-Season ImPACT tests are recommended every 2 years. Cost for testing is \$40 and we are searching for grants to help offset the cost if families cannot afford the testing fee.

What is ImPACT? ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is a computer based neurocognitive tool that was established by researchers at the University of Pittsburgh. This testing evaluates an individual's visual and verbal memory, problem solving ability, and reaction times to establish baseline scores in athletes that are stored for reference later. The evaluation is then re-administered to athletes following

head injuries or suspected concussions to follow the recovery process. This valuable data aids the clinician in determining when the athlete is ready to resume training and return to play. The current version of ImPACT is indicated for individuals aged 10 years and up. There is a version designed for kids down to age 6 that is in development. ImPACT testing has been researched and advocated by The International Conference on Concussion in Sport. The evaluation is widely used by all teams in the NFL and NHL and many other professional sports teams.¹

¹For more information regarding Dr. Nash, East Bay ImPact Center, and ImPACT Testing:
<http://www.1to1pediatrics.com/concussion.html>

MANDATORY CONCUSSION ACTION PLAN

In the event that a Concussion or Head Injury is Sustained during any HSC practice, competition or event:

- 1) When an athlete is suspected of sustaining a concussion or head injury or shows any signs, symptoms or behaviors consistent with a concussion, the athlete shall be removed immediately from practice or competition. The Athlete may not return until they are evaluated and receives written clearance from a licensed health care provider along with a graduated return-to-play protocol of no less than 7 days.
- 2) Immediate referral of Emergency Medical Services (911) should be provided for any of the following "Red Flag Signs or Symptoms."
 - a. Loss of Consciousness
 - b. Seizure Like Activity
 - c. Slurring of Speech
 - d. Paralysis of limb(s)
 - e. Unequal pupils or dilated and non---reactive pupils
 - f. At any point where the severity of the injury exceeds the comfort level of the coaching staff.
- 3) Parents/guardians and the HSC Director of Coaching will be notified of the time, date, symptoms observed and any treatment provided.
- 4) By California Law, an athlete displaying any sign or symptom consistent with a concussion shall be withheld from practice and shall not return to the activity until receiving clearance from a physician or credentialed health care provider including a graduated return-to-play protocol.

Returning to play before an individual is sign and symptom free can result in Post Concussive Syndrome, 2nd Impact Syndrome, or possibly Death. Returning too soon from a concussion can also leave an individual more susceptible to further concussions.

Additional Information

- NCAA Concussion Fact Sheets and Video for Student-Athletes_
<https://www.cdc.gov/headsup/resources/videos.html>
- Heads Up: Concussion Tool Kit (CDC- Center for Disease Control)_
<http://www.cdc.gov/concussion/index.html>