

TEAM PREP CAMP – CONCUSSION POLICY AND PROTOCOLS

EDUCATION

Coaching Education

On an annual basis, all coaches are required to review a concussion education video/course as well as concussion information/protocols that will be made part of camp materials.

Referee Education

On an annual basis, all referees are required to review a concussion education video/course as well as concussion information/protocols that will be made part of camp materials.

CONCUSSION MANAGEMENT

Assessment of Players

Definition – Health Care Professional (HCP): The HCP should be a licensed health care professional such as an athletic trainer certified (ATC), EMT, or a physician (MD/DO), with a skill set in emergency care and sports medicine injuries and with knowledge and experience related to concussion evaluation and management.

Games and Practices Where an HCP is Present

- a) Team Prep Camp requires where an HCP is present at games and practices, that any player who (1) sustains a significant blow to the head or body, (2) complains about or is exhibiting symptoms consistent with having suffered a concussion, or (3) is otherwise suspected of having sustained a concussion, must be evaluated on the sideline by the on-site HCP.
- b) The on-site HCP will perform SCAT3 or Child SCAT 3, as applicable and modified BESS to evaluate players on the field/sideline.
- c) Unless the on-site HCP determines that the player has not suffered a concussion, the player will not be permitted to return to play until the player has successfully completed the graduated Return To Play (“RTP”) protocol described below and has been cleared to RTP by a physician.
 - (1) No coach shall permit a player who has been removed from a game for a concussion assessment to RTP until cleared to do so by an on-site HCP.
 - (2) If a coach seeks to allow a player who has been removed from a game for a concussion assessment and who has not been cleared to RTP by the on-site HCP to re-enter the game, the referee shall allow the player to return to the field but shall:
 - i. immediately stop play,
 - ii. direct the player to leave the field of play and
 - iii. direct the coach to remove the player and select a substitute.
 - (3) If a coach seeks to allow a player to re-enter the game who been removed from a game for a concussion assessment and who has not been cleared to RTP by the on-site HCP, the referee shall issue a warning to the coach. If a coach persists in seeking to allow such player to re-enter the game after having been issued a warning, the referee shall be entitled to take such other disciplinary measures as are permitted.

Activities (practices, games, clinics, etc.) where NO HCP is Present

- a) Team Prep Camp requires where no HCP is present at a soccer activity (practice, game, clinic, etc.) that any player who (1) sustains a significant blow to the head or body, (2) complains about or is exhibiting symptoms consistent with having suffered a concussion or (3) is otherwise suspected of having sustained a concussion, must be evaluated by an HCP before the player will be allowed to return to practice or play.
 - (1) No coach shall permit a player who has been removed from a game for a concussion assessment to RTP until cleared to do so by an HCP.
 - (2) If a coach seeks to allow a player who been removed from a game for a concussion assessment to re-enter the game, the referee shall allow the player to return to the field but shall:
 - i. immediately stop play,
 - ii. direct the player to leave the field of play and
 - iii. direct the coach to remove the player and select a substitute.
 - (3) If a coach seeks to allow a player to re-enter the game who been removed from a game for a concussion assessment, the referee shall issue a warning to the coach. If a coach persists in seeking to allow such player to re-enter the game after having been issued a warning, the referee shall be entitled to take such other disciplinary measures as are permitted.
- b) Unless an HCP determines that the player has not suffered a concussion and clears the player to RTP, the player will not be permitted to return to practice or play until the player has successfully completed the graduated RTP protocol described below and has been cleared to RTP by a physician.

Return To Play (RTP) Protocol

Team Prep Camp will follow the following graduated RTP protocol:

- a) For any player removed from a practice or play who has been diagnosed as having suffered a concussion, the player will not be permitted to return to practice or play until the player has successfully completed a graduated RTP protocol under the guidance of an HCP.
- b) The graduated RTP protocol will consist of at least the following steps:
 - (1) the player must be symptom free at rest for 24 hours before commencing the protocol;
 - (2) the player must be symptom free after moderate activity for 24 hours;
 - (3) the player must be symptom free after heavy activity for 24 hours;
 - (4) HCP must confirm that the player has completed the RTP process and a physician must make the final RTP decision.