

## **Radnor Soccer Club Concussion Management Policy**

Radnor Soccer Club (RSC) has a concussion management policy which is consistent with the EPYSA “Policy on Concussion Procedure and Protocol: v. 1.0, October 2012”.

### ***Coach Training***

Per the EPYSA policy, RSC is required to provide education materials to our members including but not limited to parents, coaches and players. As allowed by the policy, RSC will opt to use primarily electronic materials. Consistent with the EPYSA Policy, RSC will use best efforts to have all house and travel coaches (professional and parent; head and assistant) certified using the CDC training for concussion management found at the following link:

### [CDC Training](#)

Upon completion of the training the coach must retain a copy of their certificate of completion and provide a copy of that certificate to RSC. RSC prefers that certificates be supplied electronically. The coach can save a pdf file, take a screen shot ([print screen] command), or take a digital photo of their computer screen upon completion. The electronic file can be emailed to [concussioncert@radnorsoccerclub.org](mailto:concussioncert@radnorsoccerclub.org). If the coach cannot create an electronic file, they can print the certificate (recommended as a back-up plan for coaches using the electronic process), and mail the certificate.

Radnor Soccer Club will keep records of all coaches who are required to comply with the training and of their completion. Training should be refreshed biannually (every 2 years).

### ***Concussion identification and immediate management***

In accordance with the EPYSA Policy and as part of their overall responsibilities for observing players on the field during games or practice, coaches will monitor players for suspected concussions according to the guidelines laid out in the CDC training. In short, RSC will follow the basic tenets of “*when in doubt, sit them out*”:

- Any player exhibiting the signs or symptoms of a concussion or traumatic brain injury while participating in sanctioned soccer activity (training, games, tournaments, scrimmages) shall be removed by the coach from participation at that time. In addition, coaches should not allow a child to participate if they are aware of a concussion received from another activity, outside their direct authority.
- RSC recommends that the coach notify the parents of the suspected concussion in writing, using the EPYSA concussion notification form: [http://www.epysa.org/assets/947/15/Concussion\\_Notification\\_Form\\_11-20-12\\_.pdf](http://www.epysa.org/assets/947/15/Concussion_Notification_Form_11-20-12_.pdf)
- The coach shall not return a child to soccer participation until the child is evaluated and cleared for return to participation ***[in soccer]*** in writing by a

licensed physician who is trained in the evaluation and management of concussions and designated by such licensed physician.

In accordance with the recommended CDC training, in cases where the athletes symptoms are severe (defined below), the coach should call 911 and wait for emergency medical responders to treat the athlete. Severe symptoms as outlined by the CDC are:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

### ***Return to play***

In accordance with the EPYSA policy, if a player is removed from play for a suspected concussion, that player may not be allowed to return to an RSC sanctioned game or practice without written clearance from a medical professional stating that they are ready to return to a contact sport. The definition of removed from play is that an incident was observed or reported, a player was evaluated for signs or symptoms of a concussion, and an explicit decision was made to remove the player from any further participation in that game or practice.

When the player does return, RSC encourages coach to monitor the player for any signs of concussion symptoms as outlined in the CDC training. These symptoms could include but are not limited to headaches, nausea, balance problems, “not feeling right”, and trouble concentrating. If there is a return of symptoms, the coach should remove the player from competition, notify the parents, and require a new medical clearance before allowing return to play.

### ***Additional resources***

RSC recommends that coaches keep the following resources on hand during games and practices:

- {C}CDC one –paged on concussion identification and management: [http://www.cdc.gov/concussion/pdf/clipboard\\_Eng.pdf](http://www.cdc.gov/concussion/pdf/clipboard_Eng.pdf)
- {C}CDC fact-sheet on concussion identification and management: [http://www.cdc.gov/concussion/pdf/coaches\\_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)
- A CDC consistent smartphone application: [http://www4.parinc.com/Products/Product.aspx?ProductID=CRR\\_APP](http://www4.parinc.com/Products/Product.aspx?ProductID=CRR_APP)

Any questions regarding the policy should be sent to [concussioncert@radnorsoccerclub.org](mailto:concussioncert@radnorsoccerclub.org).

***Failure to comply with this policy***

Any coach who fails to comply with this policy is subject to further education and, in accordance with EPYSA policies, the following penalties:

- For a first violation, suspension from coaching for the remainder of the season
- For a second violation, suspension of coaching for the remainder of the season and for the next season.
- For a third violation, permanent suspension of all soccer activity