



## **Concussion and Injury Policy**

- 1.** If any player or participant in FEDS, including house league or representative, suffers an injury in a game or practice, the individual must be removed from the activity immediately and attended to by a team official. If there is any doubt whether the injury is serious, the player is to sit out for the remainder of the game or practice. No FEDS team official can diagnose an injury or concussion. If a concussion is suspected based on signs and symptoms exhibited by the player, medical treatment must be sought and the player cleared before allowed to return to play.
- 2.** If any player receives medical treatment related to an injury, a signed note from that player's physician or physiotherapist must be provided before a player is allowed to return to play. If a concussion has been diagnosed by a medical professional, when medical clearance is provided via note to the team official and no signs and symptoms are present, the soccer concussion return to play steps are implemented. Medical clearance must be provided again following step 5 before the player can participate in game play.
- 3.** Any injury sustained during a game or practice that required medical attention must be documented on a FEDS injury report form and submitted to the FEDS office within 48hrs of when the FEDS team official is aware of an injury occurring. The FEDS official should also email the Director of Travel or House, depending what level the player plays within 48hrs. Medical clearance notes provided to the FEDS team official by the player are to be filed at the FEDS office for the remainder of the season.
- 4.** If any player has 2 or more concussions in any one season of soccer, that player may not be able to play again that season until seen by a concussion specialist and must be approved by FEDS board before returning. ie. Neurologist



## **CONCUSSION RETURN TO PLAY STEPS**

Use **SCAT-3** or the **Pocket Concussion Recognition Tool** to help identify a concussion in children, youth and adults. If you choose to use the pocket recognition tool, I would also encourage you to familiarize yourself with SCAT-3 form for future use.

Process will be made up of 6 Steps. There must be a minimum of 24hrs before each step is assessed although this could be considerably longer than 24hrs. Oversight should be provided by a medical professional.

### **The 6 steps are as follows:**

- 1.** No activity, complete rest. Once the athlete is asymptomatic and given medical clearance, they proceed to level 2. The athlete spends, at a minimum, one day at each stage
- 2.** Light aerobic exercise such as walking or stationary cycling, no resistance training. Performing step 2 without symptoms allows the athlete to proceed to level 3. If symptoms return, the athlete moves back to level 1 then continues.
- 3.** Sport Specific training (i.e. running in soccer, kicking, passing) progressive addition of resistance training at steps 3 or 4. Performing step 3 without symptoms allows the athlete to proceed to level 4. If symptoms return, the athlete returns to level 2.
- 4.** Non-contact training drills. Performing step 4 without symptoms allows the athlete to proceed to level 5. If symptoms return, the athlete returns to level 3.
- 5.** Full contact training after medical clearance. Performing step 5 without symptoms allows the athlete to proceed to level 6. If symptoms return, the athlete returns to level 4.
- 6.** Game Play. Encourage player not to head the ball for 2 weeks.

### **Base Line Testing**

The Fergus-Elora District Soccer Club recommends that players involved in competitive programs undergo Base Line Testing prior to the beginning of the outdoor season. This should be done in a controlled environment under the supervision of an approved concussion testing facility. Please contact your respective Director of Youth Travel for details.

### **Caution**

The Fergus-Elora District soccer club is committed to providing a safe environment for all players regardless of age and gender. It is, however, ultimately the responsibility of the parent to ensure that appropriate professional care is provided to players under the age of 18 in the event of injury. In the event of a concussion diagnosis, premature return to play can result in serious and sometimes permanent injury, particularly in the event of a second impact. Parents should seek ongoing medical evaluation for the benefit of the player's long term health and safety.

If you have any questions or concerns regarding FEDS Concussion Return to Play Protocol, please contact your respective Director of Youth Travel.

### **Making Headway in Soccer**

Making Headway in Soccer is a concussion awareness e-Learning module that was created by the Coaches Association of Canada. We have included a link to this website and particularly encourage coaches to review it.

<http://coach.ca/making-head-way-concussion-elearning-series-p153487>