



Concussion Policy

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a blow or bump to the head. A “ding” or bell rung, and a mild bump is serious enough to be considered for concussion. You will not necessarily see a concussion. Signs and symptoms can show up quickly or later. If the athlete reports any signs or symptoms seek medical attention immediately.

South Simcoe United FC recognizes that concussions have been a growing concern among Parents, Athletes and the Medical community. As a result, the Club has prepared this document to raise the awareness of the dangers of concussions. Our ultimate goal is to protect our young athletes.

SIGNS and SYMPTOMS OF A CONCUSSION

- Loss of consciousness
- Seizures
- Athlete appears dazed or stunned
- Athlete is confused
- Pupils dilated
- When given instructions the athlete cannot follow the instructions
- Athlete is not sure of game score or opponent
- Athlete answers questions slowly
- Athlete moves clumsy
- Can't recall events
- Athlete has a headache
- Nausea or vomiting
- Dizzy
- Blurry vision
- Sensitive to light and noise
- Feels sluggish
- Just does not “feel right”

IF YOU SUSPECT A CONCUSSION INJURY

If you suspect that an athlete has a concussion, you WILL proceed as follows:

1. Remove the athlete from field of play.
2. Look for signs and symptoms, if you feel the head and there is a bump and the athlete feels dazed and dizzy there is no doubt that a head injury has occurred. The athlete cannot go back in the game and should seek immediate medical attention.
3. Tell the parents or guardian that you think the athlete may have a concussion. Explain the serious issues about the injury. Recommend to them the athlete seek immediate medical attention.
4. Do Not allow the Athlete to participate in any activity (games or practices) until a note from a Doctor or Health Care Professional has cleared them to resume play.
5. Complete and submit an injury report to the Club Vice-President (The Injury Form can be found on the Club Website).

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