

Braintree Youth Soccer Concussion Policy

Massachusetts Youth Soccer is requiring all member organizations to meet standards based on US Soccer's initiatives on player safety in regards to concussions. Braintree Youth Soccer is encouraging a partnership between our program, coaches, and parents for implementing safe practices in regards to youth sports concussions.

While the complete MYSA website is accessible at the link below we have copied onto this page some of the most critical sections of information. Our four primary areas of focus are: education, heading, management of suspected concussions, and return to play. Where noted information is copied directly from the MYSA website. Other areas have been adapted for BYS.

While all coaches and adult referees are required to receive concussion education we strongly encourage parents and players to use the following resources as well, particularly the education links. Coaches and referees are not medically trained and will not be diagnosing or clearing players for concussions.

Education

A concussion education session was held August 25, 2016 for all coaches and referees. Any coach or referee who was unable to attend is required to watch the CDC Heads Up for Concussions video, print the certificate at the end and turn it in to your director or Mike Norton. We will be tracking who has completed the training.

CDC Heads Up Online Training: <http://www.cdc.gov/headsup/youthsports/training/index.html>

Additional education links:

CDC Fact sheet for parents: http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_for_parents.pdf

***This sheet lists emergency vs. non emergency signs and symptoms**

Additional CDC concussion information: <http://www.cdc.gov/headsup/youthsports/index.html>

Concussion Legacy Foundation: <http://concussionfoundation.org/>

CDC Heads Up information in Spanish: <https://www.cdc.gov/headsup/youthsports/index-esp.html>

Heading

BYS prohibits all heading in both practice and games for players Grades K - 5/6. Grades 7/8 will allow heading with a practice restriction of no more than 15 headers per player per week. BYS staff will provide training in regards to correct heading technique.

Heading Infractions will result in an indirect free kick to the opposing team if a player, if in the opinion of the referee the player deliberately heads or attempts to head the ball. If, in the opinion of the referee, a deliberate header or attempt to head occurs within the goal area, the indirect free kick will be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If, in the opinion of the referee, a player does not deliberately head or attempt to head the ball, then play should continue.

Mass Youth Soccer Association Board of Directors. (May, 2016) Mass Youth Soccer's Adoption of Recognize to Recover Program and Policies. [https://usys-assets-admin.com/assets/968/15/MassYouthSoccer%20Concussion%20Policy%20May%202016%20Final1.PDF](https://usys-assets.admin.com/assets/968/15/MassYouthSoccer%20Concussion%20Policy%20May%202016%20Final1.PDF)

Management of Suspected Concussions

BYS policy: In the event that a coach or referee removes a player from play for a suspected concussion:

- a) Immediately following the game or sooner if player appears to be in distress, the coach will provide the player's parent or guardian with BYS Suspected Concussion Notification form and CDC Parent Information Form. The receiving parent/guardian will sign the Suspected Concussion Notification Receipt Acknowledgement form which the coach will immediately turn in to Mike Norton or the Director on Duty. Coaches will be provided with these forms at the beginning of the season. Additional copies will be at the East snack bar and Thayer fields.
- b) In the event that a parent or guardian is not available at the fields, the forms above will be provided to the player, the coach will note on the Notification Receipt form that parent/guardian was not available and will turn the form in to Mike Norton or the Director on Duty. BYS administration will follow up with the family via email to confirm receipt of notification.
- c) MYSA policy below will be implemented and player will require medical clearance to return to play.
- d) Once medical clearance in writing is provided to the coach, the coach will get the form to Mike Norton or the appropriate age group director. Electronic transmission is fine initially for practice but the original form must be turned in on Saturday.

Mass Youth Soccer and all Member Organizations – Activities (practices, games, clinics, etc.) where NO HCP (**Health Care Provider**) is present

- a) Mass Youth Soccer requires all Member Organizations 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 reenter 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.

Mass Youth Soccer Association Board of Directors. (May, 2016) Mass Youth Soccer's Adoption of Recognize to Recover Program and Policies. [https://usys-assets-admin.com/assets/968/15/MassYouthSoccer%20Concussion%20Policy%20May%202016%20Final1.PDF](https://usys-assets.admin.com/assets/968/15/MassYouthSoccer%20Concussion%20Policy%20May%202016%20Final1.PDF)

Return To Play (RTP) Protocol

Mass Youth Soccer and all Member Organizations will follow the following graduated RTP protocol (not including steps b. (4)-(5) unless the player has a baseline test and access to a neuropsychologist).

- 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) player will retake baseline tests (SCAT3, BESS, and/or imPACT);
 - (5) neuropsychologists must review and interpret impact test versus baseline; and
 - (6) HCP must confirm that the player has completed the RTP process and a physician must make the final RTP decision.

Mass Youth Soccer Association Board of Directors. (May, 2016) Mass Youth Soccer's Adoption of Recognize to Recover Program and Policies. <https://usys-assets.admin.com/assets/968/15/MassYouthSoccer%20Concussion%20Policy%20May%202016%20Final1.PDF>

Additional information links

Mass Youth Soccer Concussion Policy

<https://usys-assets.admin.com/assets/968/15/MassYouthSoccer%20Concussion%20Policy%20May%202016%20Final1.PDF>

US Youth Soccer Sports Medicine Concussion Guidelines

<http://www.usoccer.com/academy/resource-center/sports-medicine>

US Youth Soccer Concussion Policy

[file:///C:/Users/MAGawron/Downloads/Concussion_Procedure_and_Protocol_rev_08_29_15%20\(2\).pdf](file:///C:/Users/MAGawron/Downloads/Concussion_Procedure_and_Protocol_rev_08_29_15%20(2).pdf)

Local Concussion Clinics

MGH Sports Concussion Clinic

<http://www.massgeneral.org/children/services/treatmentprograms.aspx?id=1689>

South Shore Hospital Concussion Clinic

<http://www.southshorehospital.org/concussion>

Boston Children's Hospital Concussion Clinic

<http://www.childrenshospital.org/conditions-and-treatments/conditions/concussions>

Signature Healthcare – Brockton Hospital Concussion Clinic

<http://www.signature-healthcare.org/Services/Concussion.aspx>

Primary care providers are also good resources for most typical concussions and can clear players for return to play in non prolonged recovery concussions or suspected but non diagnosed concussions.