



Policy on Concussion Procedure and Protocol

Concussion:

A traumatic brain injury that interferes with normal brain function. Medically, a concussion is a complex, pathophysiological event to the brain that is induced by trauma which may or may not involve a loss of consciousness (LOC). Concussion results in a constellation of physical, cognitive, emotional, and sleep-related symptoms. Signs or symptoms may last from several minutes to days, weeks, months or even longer in some cases.

In September 2017, the State of Delaware, passed the Delaware Concussion Protection in Youth Athletic Activities Act (CYPAAA). The purpose of the act is to protect minors participating in athletic activities who manifest symptoms of concussion, increase recognition of the symptoms of concussion through training and education, and establish standards for return to play.

Delaware Youth Soccer Association serves as the governing body for the sport in this state for non-scholastic soccer, our association will align within this law to ensure the safety of the children playing soccer within our boundaries.

Delaware Youth Soccer Association member leagues, affiliates and Independent Teams will follow the guidance set forth in this act. Our association's members and affiliates shall be required to provide educational materials to their members-including but not limited to coaches, players and parents. Materials may be in electronic or traditional formats. Best efforts should be made to educate and test all coaches within the next 6 months providing the free options available by the Center for Disease Control (CDC). The enforcement of these procedures is remanded to the local entity, the league, club or team.

Any player exhibiting signs or symptoms of a concussion or traumatic brain injury while participating in a 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 of their direct authority.

- An athlete who is suspected of sustaining a concussion in an athletic activity shall be immediately removed from physical participation in the athletic activity and shall not return to that athletic activity on the same day.

- An athlete who has been removed from an athletic activity may not return to physical participation in an athletic activity until evaluated by a health-care provider and the athlete receives written clearance to return to physical participation in an athletic activity from the evaluating health-care provider.
- The coach or official responsible for an athlete's removal shall ensure that prompt notice is provided to the athlete's parent or guardian of both the removal and medical clearance requirement
- “Before an athlete may participate in an athletic activity, the organizing entity shall provide a concussion information sheet published by the Council to the athlete and the parent or guardian of the athlete. The athlete and the parent or guardian of the athlete shall sign a statement acknowledging receipt of the information sheet and return it to the organizing entity before the athlete shall be allowed to participate in the athletic activity. For recurrent or on-going athletic activity, the provision of the information sheet and return of the signed acknowledgment shall be completed annually.”

Download a copy of the [SCPD Concussion Information Sheet](#)

In accordance with the bill, the governing bodies (in our case, the club or DYSA for Independent teams) shall institute penalties for a coach found in violation of this policy.

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

Any member, affiliate or independent team found in violation of these policies shall be addressed by the Board of Directors and potentially subject to a hearing.

CONCUSSION SIGNS, SYMPTOMS AND MANAGEMENT AT TRAINING AND COMPETITIONS

Step 1:

Did a concussion occur?

Evaluate the player and note if any of the following signs and/or symptoms are present:

1. Dazed look or confusion about what happened
2. Memory difficulties
3. Neck pain, headaches, nausea, vomiting, double vision, blurriness, ringing noise or sensitive to sounds

4. Short attention span; can't keep focused
5. Slow reaction time, slurred speech, bodily movements are lagging; fatigue, and slowly answer question or has difficulty answering questions
6. Abnormal physical and/or mental behavior
7. Coordination skills are behind, ex: balancing, dizziness, clumsiness, reaction time

Step 2:

Is emergency treatment needed?

This would include the following scenarios:

1. Spine or neck injury or pain
2. Behavior patterns change, unable to recognize people/places, less responsive than usual
3. Loss of consciousness
4. Headaches that worsen
5. Seizures
6. Very drowsy, can't be awakened
7. Repeated vomiting
8. Increasing confusion or irritability
9. Weakness, numbness in arms and legs

Step 3:

If a possible concussion occurred, but no emergency treatment is needed, what should be done now?

Focus on these areas every 5-10 minutes for the next 1 – 2 hours, without returning to any activities:

1. Balance, movement
2. Speech
3. Memory, instructions and responses
4. Attention on topics, details, confusion, ability to concentrate
5. State of consciousness
6. Mood, behavior and personality
7. Headache or “pressure” in head
8. Nausea or vomiting
9. Sensitivity to light and noise

Players shall not re-enter competition, training or partake in any activities for at least 24 hours. Even if there are no signs or symptoms after 15 – 20 minutes, activity should not be taken by the player.

Step 4:

A player diagnosed with a possible concussion may return to play only after release from a medical doctor or doctor of osteopathy specializing in concussion treatment and management.

Step 5:

If there is a possibility of a concussion, do the following:

1. Complete the Concussion Notification Form in duplicate and signed by a team official of the player's team
2. If the player is able to do so, have the player sign and date the form. If the player is unavailable to sign, note on the player's signature line "unavailable"
3. If a parent/legal guardian of the player is present, have the parent/legal guardian sign and date the form and give the parent/legal guardian one of the copies of the completed form. If the parent/legal guardian is not present, then the team official responsible for notifying the parent/legal guardian ASAP by phone or text or email and then give the parent/legal guardian a copy of the form either by email or mail. When the parent/legal guardian is not present, the team official must make a record of how and when the parent/legal guardian was notified. The notification will include a request for the parent/legal guardian to provide confirmation and completion of the Concussion Notification Form whether in writing or electronically
4. The team official must obtain the player's pass from the referee and attach a copy of the form retained by the team.