



KDSC Concussion Return to Play Policy

Policy

If it is suspected that a player has received a concussion the player must be removed from the soccer activity immediately. When in doubt sit them out. The player may not return to soccer (games or practices) until having provided to their coach written clearance from a Regulated Health Professional who is knowledgeable in concussion management (Family Doctor, Physiotherapist, Sports Medicine Physician, etc.) The coach is to forward the document to the Club Administrator so that it may be kept on file at the office in a secure location.

Rationale

It is extremely important that any player with a suspected concussion be removed from all activities until evaluated by a Regulated Health Professional knowledgeable in concussion management. Serious complications such as Second Impact Syndrome (SIS) can occur should a second concussion happen before the brain is fully healed from the original trauma.

General Information

This section is provided for general information purposes only and is not meant to replace the advice of a Regulated Health Professional.

Concussion Recognition

Symptoms of concussion (only one symptom is required and may not occur until the following day):

- Confusion and disorientation
- Vision issues
- Loss of consciousness
- Ringing in the ears
- Headache
- Speech irregularities
- Dizziness or "seeing stars"
- Nausea or vomiting
- Feeling "foggy" or dazed
- Balance issues
- Personality changes

Six Steps to Return to Play

Players must be symptom free for 24 hours before proceeding to the next step:

- Complete brain rest; no activity, "screen time" or loud noises
- Light aerobic exercise such as walking or stationary biking, no jarring motions
- Return to sport activities such as running, no jarring motions such as abrupt stopping
- Drills without chance of body contact
- On-field practices with possibility of contact (only with medical clearance)
- Game play