



Concussion Management Policy

Overview

Arlington Soccer Association recognizes the proper identification and management are of the utmost importance when a concussion is suspected. Arlington Soccer Association is committed to providing the most appropriate information and resources necessary in an effort to maintain the safest environment for all coaches, players and families.

This concussion management policy has been adopted in accordance with *Virginia's Student Athlete Protection Act* and the *Virginia Board of Education Guidelines on Policies on Concussion in Student Athletes*. The Protection Act and Guidelines were designed to protect youth athletes from the risks associated with improper recognition, treatment, and recovery from a concussion by:

- Requiring annual education for coaches, parents and athletes
- Removing athletes from play when a concussion is suspected
- Only allowing athletes, with a suspected concussion, to return to play after at least one day AND proper written medical clearance has been given by the appropriate licensed health care provider, as outlined by the Virginia Board of Education

The Virginia Board of Education Guidelines for Policies on Concussions in Students can be viewed in its entirety by visiting: <http://www.doe.virginia.gov/boe/guidance/health/2016-guidelines-for-policies-on-concussions-in-students.pdf>

At a minimum, coaches are required to keep a copy of the following with them at all ASA activities:

1. This policy document
2. Inova Sports Medicine Concussion Program *Concussion Facts and Information Sheet*
3. Inova Sports Medicine Concussion Program Concussion Pocket Guide

Annual Concussion Education

To comply with the Virginia Board of Education Guidelines, each Arlington Soccer Association coach, athlete, and at least one parent from that athlete's family is required to receive annual concussion education addressing the following on an annual basis (every 12 months):

- how to recognize the signs and symptoms of a concussion;
- strategies to reduce the risk of concussions;

- how to seek proper medical treatment for a person suspected of having a concussion; and
- when the student-athlete may safely return to the event or training

Additionally, the Inova Sports Medicine Concussion Program provides Arlington Soccer Association access to online concussion education presentations that meet the minimum requirements as detailed by the Virginia Board of Education. It is recommended the following steps should be taken by each coach, athlete, and at least one parent from that athlete's family:

1. Create/Login to your Inova Family Dashboard by visiting:
<https://www.youthleaguesusa.com/inova/FamilyAccount.html>
2. View concussion education presentations
3. Retain a copy of the concussion education completion confirmation for each individual

Additional concussion education resources available to Arlington Soccer Association coaches, athletes, and parents can be accessed via the following sources:

- www.inova.org/sportsconcussion
- Inova Sports Medicine's 24/7 Concussion Hotline: (703) 970-6427
- ASA medical resources page

Concussion Baseline Testing

Arlington Soccer Association recommends each athlete, age 5 and above, complete a concussion baseline test prior to participating in any activities. The Inova Sports Medicine Concussion Program provides Arlington Soccer Association access to concussion baseline testing.

Additional concussion baseline testing resources available to Arlington Soccer Association can be accessed via the following sources:

- www.inova.org/concussiontesting
- Inova Sports Medicine's 24/7 Concussion Hotline: (703) 970-6427
- ASA medical resources page

Injury Management

Arlington Soccer Association coaches and parents need to be aware of incidents that may result in a concussion and be prepared to respond appropriately. Arlington Soccer Association's overall guideline to remember with concussion is: **When in doubt, sit the athlete out!**

A concussion may be caused by a fall, a blow, or a jolt to the head or body; the shaking or spinning of the head or body; or the acceleration and deceleration of the head. Emergency Medical Services (i.e. 9-1-1) must be immediately activated if any loss of consciousness, seizure, or worsening of symptoms is experienced by an athlete.

Using all provided concussion resources as a guide, if an Arlington Soccer Association athlete exhibits any sign of concussion, reports any symptom of concussion, or is suspected of sustaining a concussion the following steps are required to be taken:

1. The coach removes the athlete from play immediately, and
2. The coach notifies the athlete's parent/guardian about the suspected concussion on the same day the injury takes place
3. The coach confirms the athlete and parent/guardian are aware of the steps required to be completed before that athlete is allowed to return to any activity, as outlined by the Virginia Board of Education and this policy
4. The athlete is not permitted to participate in activity (practice, game, etc.) until after being evaluated by a licensed health care provider, as outlined by the Virginia Board of Education
5. The parent/guardian or athlete provides the coach with written clearance to return to participation (practice, game, etc.) by a licensed health care provider, as outlined by the Virginia Board of Education

Arlington Soccer Association fully understands that return to play clearance is a medical decision and the only individual authorized to provide such clearance after concussion is the licensed health care provider, as outlined by the Virginia Board of Education

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