



KINGSTON UNITED SOCCER CLUB HEAD INJURY/ CONCUSSION POLICY

The Kingston United Soccer Club, Board of Director and staff /coaches recognize that parents and athletes / soccer players register for soccer programs because they want to have fun in a safe environment. To instill a spirit of the game that supports a healthy, fun and safe environment for youth participating in soccer programs KUSC takes Risk Management seriously and adopts the following Codes of Conduct

- [Fair Play Code for Team Officials](#)
- [Fair Play Code for Parents and Spectators](#)
- [Fair Play Code for Players](#)

It is important that staff, officials, parents / legal guardians and the athlete understand the risk involved when participating in sport / soccer and especially in the area of Head Trauma / concussion caused from involvement in KUSC soccer programs.

At point of registration Parents / Guardian are required to acknowledge / sign participation /check off waiver which addresses that they understand there is risk of injury when participating in sport..

In an effort to better manage and to help members identify a possible head injury it has become important to provide Staff, Coaches / Officials, Parents and Players with as much information as possible in the way we initially react to a head injury / possible concussion situation and how we as responsible human beings follow up.

Kingston United first and foremost takes the position of:

“If in doubt – Sit them out”

This powerful statement leaves no room for contention or “fence sitting” when trying to determine what to do if a player is suspected of having had an injury to the head. Coaches parents and athletes **need to recognize this position and they need to support it!**

If a participant sustains a head injury or possible concussion they are required to use the [FIFA SCAT 3 Tool](#). This world renowned tool can be used pitch side for a preliminary non-medical assessment to help define if the injury is an emergency.

- In emergency situations, staff (Coach) will immediately call 911 and notify parent/guardian. Call 911 immediately if the injured person has lost consciousness, has trouble breathing or convulsing. (Everyone SUSPECTED of having had a concussion should be seen by a doctor).
- The Injured participant should not return to activities on the day of injury. Only a medical professional can determine when the injured can return to regular activity. A written permission may be required before the injured participant is permitted to return to regular activity following the 6 step [Return To Play Policy](#).
- In non-emergency situations, staff (Coach) will notify parent/guardian.
- Staff/ Coach/ Parent will complete [a KUSC Incident Report](#) in the event of any injury to the head and file with the Technical Director within 12 hours. Parents must be notified immediately and asked to sign/ fill the Incident Report.
- Staff/ Coach will follow-up with parent/guardian within 24 hours of injury and/or prior to the participant returning to activity/participation with the soccer club. Any participants with signs and symptoms of concussion should be removed from play immediately.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear.

Concussion should be suspected if one or more of the following visible clues, signs, symptoms or errors in memory questions are present:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Visible clues of suspected concussion:

- Loss of consciousness or responsiveness
- Lying motionless on ground / Slow to get up
- Unsteady on feet / Balance problems or falling over / Incoordination
- Grabbing / Clutching of head
- Dazed, blank or vacant look
- Confused / Not aware of plays or events

RESOURCES:

Accesses to resources for Staff / Coach / Parent / Athlete are on the KUSC website (Coach packages will contain KUSC policy on Head Injury /Concussion and also at:

<http://www.parachutecanada.org/thinkfirstcanada>

[Ontario Soccer Association – Concussions](#)