

## AYSA's PROTOCOL FOR CONCUSSIONS

“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game or practice and shall not return to play until cleared by an appropriate health care professional.”

The language above, which appears in all National Federation sports rule books, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion. This language reflects an increasing focus on safety and acknowledges that the vast majority of concussions DO NOT INVOLVE A LOSS OF CONSCIOUSNESS. This protocol is intended to provide the mechanics to follow during the course of practice or games when an athlete sustains an apparent concussion.

1. The officials or coaches will have no role in determining concussion other than the obvious one where a player is either unconscious or apparently unconscious. Officials and coaches will acknowledge that a player is apparently injured and pull the player from any further play, for both games and practices. The player should be examined by a healthcare professional for an exact determination of the extent of injury.
2. If it is confirmed by the health care professional that the player did not sustain a concussion, the athlete may return to all play once a doctor's note has been submitted.
3. The athlete may not be returned to practice or games that day but is subject to the return to play protocol, which applies to any confirmed concussion cases as well:
  - a. The clearance may not be on the same date on which the athlete was removed from play.
  - b. Only an M.D., D.O., Physician's Assistant or Nurse Practitioner may clear the individual to return to activity.
  - c. The clearance must be in writing and must be unconditional. It is not sufficient that the M.D., D.O., Physician's Assistant or Nurse Practitioner has approved the student to begin a return-to play progression. The medical examiner must approve the student's return to unrestricted activity.
  - d. The clearance must be submitted to the AYSA board prior to the player returning to any practices or games, no exceptions.
4. The coach will need to submit to AYSA an accident report the day of the incident. Either the coach or the parent may submit to AYSA documentation of clearance.

\*\*\*Any team that plays a child who has not been cleared by an appropriate medical professional or who fails to turn in the appropriate documentation to the AYSA board will be required to turn in AYSA the injured player's card immediately. No guest or sub players will be permitted to play for that team for any future games or tournaments for the remainder of that season.\*\*\*

All concussion or suspected concussion accident reports as well as documentation of clearance should be submitted to:

Jessie Schrock

[aysa.equipment@altoonasoccer.net](mailto:aysa.equipment@altoonasoccer.net)

515-556-6726

