



Walnut Creek Soccer Club Policy for the Management of Concussion and Head Injury
(Adapted from Policies for CIF Member Schools)
Adopted March 17, 2014

Background

Scientific studies have raised concerns about the long-term effects of head injuries, including concussions, on young athletes. The Centers for Disease Control reports that approximately 3 million sports and recreational concussions occur every year. Football and soccer have the most concussions for high school student-athletes. And “second impact syndrome”, which occurs when new concussions are sustained before a previous injury has healed, present additional risk.

Under California state law, high school sports programs have required for several years now that student athletes submit a signed concussion information sheet; be immediately removed from play when suspected of receiving a concussion injury; and provide a written clearance to return to play from a health professional. In addition, recent legislation mandates basic training for coaches about how to identify concussions and appropriate responses.

While these State laws have not yet been extended to cover non-school youth sports programs such as ours, our club believes that these protections are in the interest of all of our players and their safety. Consequently, the WCSC House Committee, Competitive Committee and Board of Directors have approved the WCSC Policy for the Management of Concussion and Head Injury (adapted from the California Interscholastic Federation (CIF) Policies for the Management of Concussion and Head Injury for CIF Member Schools).

These requirements as they pertain to WCSC are outlined below:

Requirements

- **On a yearly basis the Club will provide the CDC Concussion Information Sheet to all parents to be signed and returned to their coach/team manager** before initiating practice or competition. The Concussion Sheet can be found here on the WCSC web site: [http://www.wcsc.org/sites/default/files/WCSC Concussion Info Sheet for Parents.pdf](http://www.wcsc.org/sites/default/files/WCSC%20Concussion%20Info%20Sheet%20for%20Parents.pdf)
- **On a yearly basis all coaches – competitive (including any parent, volunteer or other non-team coach trainers) and house coaches and assistants – must complete a short online course on concussion signs and symptoms and submit proof of completion** before they may begin coaching. The training may be fulfilled through the free, online course available through the CDC at http://www.cdc.gov/concussion/HeadsUp/online_training.html.
- **All coaches and parents must abide by the CDC protocol (and CIF Bylaw 313) for suspected concussions:**

“A player who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

and

“A player who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”. *Written proof of this clearance must be provided to the player’s coach before they can participate in training or games.*

- In all cases of suspected concussion resulting in removal from competition or training, **the coach shall submit to the WCSC Administrative Manager at admin@wcsc.org a Player Injury Report** which includes player’s name, date and location of incident, incident details, treatment received, and updated with any prescribed concussion management and return to play plan received from a health professional. **This report must be submitted within 48 hours of the incident.**
- **The coach will notify the Administrative Manager via email when a written clearance has been received** and the player has returned to play, and submit the original, signed written clearance to the Administrative Manager for club records.
- **The coach/team manager will collect signed Parent Information Sheets**, notify their appropriate age group coordinator when all have been collected, and retain originals with their players’ US Club/CYSA medical release forms.
- **Competitive team coaches should submit their proof of completion** of the online course to the club’s Administrative Manager; **House team coaches should submit theirs** to their Age Group Coordinator. Coaches may submit a printed copy, digital/PDF file or photo/image of their completion certificate.

Deadlines

Annual deadlines will be established each year for competitive and house programs that specify (1) the date by which all coaches must complete online training and submit proof of completion certificate; and (2) the date by which all signed player/parent information forms must be submitted -- after this date players will not be allowed to participate in trainings or games until the signed form has been submitted.

References

AB 25

[http://www.leginfo.ca.gov/pub/11-12/bill/asm/ab_0001-0050/ab_25_bill_20111004_chaptered.html](http://www.leginfo.ca.gov/pub/11-12/bill/asm/ab_0001-0050/ab_0001-0050_ab_25_bill_20111004_chaptered.html)

AB 1451

http://www.leginfo.ca.gov/pub/11-12/bill/asm/ab_1451-1500/ab_1451_bill_20120817_chaptered.html

California Interscholastic Federation

<http://cifstate.org/index.php/the-latest-news/concussions>

Centers for Disease Control and Prevention -- Heads Up: Concussion in Youth Sports

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

CDC Online Concussion Training Course

http://www.cdc.gov/concussion/HeadsUp/online_training.html