



Walnut Creek Surf Soccer Club **Policy for the Management of Concussion and Head Injury**

Scientific studies have raised concerns about the long-term effects of head injuries, including concussions, in young athletes. The Centers for Disease Control reports that approximately 3 million sports and recreational concussions occur every year.

Under California state law, all youth sport programs are required to implement specific concussion policies and procedures. WCSSC has implemented a concussion management program that meets or exceeds existing state law. These policies as they pertain to WCSSC are outlined below.

Coach and Participant Education

1. On a yearly basis, the club will provide (paper or electronic form) to all parents a concussion education sheet to be signed with acknowledgement of receipt. This sheet will cover acknowledgement of WCSSC Concussion Policy and provide information on concussion identification, management and return to play.
2. On a yearly basis, all coaches (including assistant coaches) must complete concussion education course (e.g. CDC online course or other WCSSC approved concussion education training) and submit proof of completion before they may begin coaching. Approved free online training programs can be found on the Health and Safety section of the website.
3. All coaches and parents are encouraged to download on to their smart phone the free Concussion Recognition and Response app. This app is available on both Iphone and Android devices and is published by PAR.

Concussion Response Policies and Procedures

1. A player who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from play at that time and may not return to play or practice until receiving written medical clearance by a licensed healthcare provider who is trained in the evaluation and management of concussion and is acting within the scope of their training and expertise.
2. A player who has been removed from play due to a suspected concussion may return in no less than 7 days from the date of diagnosis by a licensed healthcare provider. Medical experts recognize that most children with concussion may take much longer to fully recover and the 7-day policy is set as a minimum time frame for return to play.
3. Players returning to play from a concussion must follow a 6-step gradual stage by stage progressive return to play procedure. The progressive return to play protocol document can be found on the concussion information page of the website. Note, the progressive return to play protocol can only be implemented once the athlete has received written medical clearance for return to play.



- a. Medical experts have found that slowly increasing physical exertion and demands allows for closer monitoring of recovery and symptoms. This ensures that an athlete's brain is recovered and ready before fully returning to play.

Concussion Reporting

1. In all cases of suspected concussion resulting in removal from competition or training, the coach shall submit to WCSSC a Player Injury Report (Report can be found on the Health and Safety section of website). This report must be submitted within 48 hours of the incident.
2. The coach will notify the Age Group Coordinator via email when a written clearance has been received and the player has returned to play, and submit a copy of the written clearance to the Age Group Coordinator for club records.
3. Coaches should submit to their Age Group Coordinator proof of completion of concussion education program. Competitive coaches will submit proof of completion to the club's administrative manager. Coaches are not permitted to begin practices until they have completed concussion education.
4. Annual deadlines will be established each year for competitive and recreation 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 and/or coaches will not be allowed to participate in trainings or games until the signed form has been submitted. Note, recreation practices begin on August 1st of every year.