



## CONCUSSION AND HEAD INJURY POLICY

The Watchung Hills Soccer Association (“WHSA”) finds that it is imperative to ensure the health, well-being and safety of its athletes. The Center for Disease Control estimates that 300,000 concussions are sustained during sports-related activity in the United States. A concussion is a traumatic brain injury caused by a direct or indirect blow to the head or body.

Any athlete who exhibits the signs or symptoms of a sports-related concussion or other head injury during practice or competition shall be immediately removed from play and may not return to play that day. Emergency medical assistance shall be contacted when symptoms get worse, loss of consciousness, direct neck pain associated with the injury, or any other sign the supervising member determines emergency medical attention is needed. If available when the athlete is exhibiting signs or symptoms, the athlete will be evaluated by the trainer or other medical personnel. The coach or designee shall contact the athlete’s parent and inform the parent of the suspected sports-related concussion or other head injury.

Possible signs of a concussion can be observed by any individual. Any possible symptoms of a concussion can be reported by the athlete to: coaches; licensed athletic trainer; volunteers, employees; and/or parent(s).

An athlete who sustains or is suspected of sustaining a concussion or other head injury shall be required to have a medical examination conducted by their physician or licensed health care provider. The athlete’s physician or licensed health care provider shall be trained in the evaluation and management of concussion to determine the presence or absence of a sports-related concussion or head injury. The athlete’s physician or licensed health care provider must provide to the WHSA a written medical release/clearance for the athlete indicating when the athlete is able to return to the activity. The medical release/clearance must indicate the athlete is asymptomatic at rest and either may return to athletic activity because the injury was not a concussion or other head injury or may begin graduated return to competition and practice protocol.

4053071