

CONCUSSION AWARENESS

Concussion Fact Sheet for Parents and Players

Soccer carries a real risk of head injury. ACE Soccer Club requires every player and parent to review this fact sheet before participation. If you suspect a concussion, the player must be removed from play and evaluated by a qualified medical professional before returning.

What is a concussion?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head — or by a hit to the body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump to the head can be serious.

Signs observed by coaches and parents

- Appears dazed or stunned
- Is confused about assignment, position, or score
- Forgets plays or instructions
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness, even briefly
- Shows behavior or personality changes
- Cannot recall events before or after the hit

Symptoms reported by the player

- Headache or pressure in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

What to do if a concussion is suspected

1. Remove the player from the game or practice immediately. **When in doubt, sit them out.**
2. Ensure the player is evaluated by a qualified health care professional. Do not try to judge severity yourself.
3. Inform the player's parents or guardians about the possible concussion and provide written information.
4. Keep the player out of play the day of the injury, and until cleared in writing by a health care professional.

Return-to-play protocol

Per Wisconsin and Illinois state law, a player who is suspected of having sustained a concussion must be removed from play and may not return to competition until cleared **in writing** by a licensed health care provider trained in evaluating and managing concussions. ACE Soccer Club will not allow a player to return without this

written clearance, regardless of how the player feels.

Acknowledgment

By signing the ACE Soccer Club registration form, the player and parent/guardian acknowledge that they have read this fact sheet, understand the risks and signs of concussion, and agree to comply with the return-to-play protocol described above.

Adapted from CDC HEADS UP guidance for youth sports. For more information visit cdc.gov/headsup.