



## Erin Mills Soccer Club Concussion Protocol

### Players

*I will help prevent concussions by:*

- I will wear the proper equipment for soccer and wear it correctly at all times during all trainings and games
- I will develop my skills and strength so that I can participate to the best of my ability
- I will respect the rules of Soccer and commit to fair play and respect for all involved (coaches, other players, officials, and managers)

*I will care for my health and safety by taking concussions seriously, and I understand that:*

- A concussion is a brain injury that can have both short and long-term effects
- A concussion may be caused by a blow to the head, face, neck, or to the body, that results in the brain to move around inside the skull
- I **do not** need to lose consciousness to have had a concussion
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to my coach, manager or parent when I suspect another player may have sustained a concussion (\*should you think you have a concussion, stop playing immediately\*)
- Continuing to participate in sport with a possible concussion increased my risk for more severe, longer lasting symptoms and may increase risk for other injuries (possible cell death)

*I will not hide concussion symptoms. I will speak up for myself and others.*

- I will not hide my symptoms. I will tell a coach, official, trainer, manager, parent or another adult I trust if I experience any symptoms.
- If someone tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, official, trainer, manager, parent or another adult I trust so they can help.
- I understand and respect that if I have a suspected concussion, I will be removed from soccer and that I will be unable to return to training until I undergo a medical assessment by a certified medical doctor and have been medically cleared.



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- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with the athlete's school and any other sport organizations with which the athlete is registered.

*I will take the time I need to recover, because it is important for my health.*

- I understand my commitment to supporting return-to-learn and return-to-sport process.
- I understand I will have to be medically cleared by a certified medical doctor before returning to play
- I will respect my coaches, trainers, managers, parents, health-care professionals, regarding my health and safety

### Parents/Coaches/Managers/Legal Guardians

*I can help prevent concussions through my:*

- Efforts to ensure that my athletes wear the proper equipment and wear it correctly.
- Efforts to help my athletes develop their skills and strength so they can participate to the best of their abilities
- Respect the rules of soccer, fair play, and respect for all, and ensure my athletes do to.

*I will care for the health and safety of all participants by taking concussions seriously. I understand that:*

- A concussion is a brain injury that can have both short and long-term effects.
- A blow to the head, face, neck, or a blow to the body may cause the brain to move around inside the skull and result in a concussion.
- A person doesn't need to lose consciousness to have had a concussion.
- An athlete with a suspected concussion should stop participating immediately.
- I have a commitment to concussion recognition and reporting.
- Continuing to participate in training, practice or games with a suspected concussion increases a person's risk of a more severe, longer lasting symptoms, and increases their risk of other injuries, even death.

*I will create an environment where participants feel safe and comfortable speaking up. I will:*

- Encourage athletes not to hide their symptoms, but to tell me, an official, a parent or another adult they trust if they experience **any** symptoms of a concussion after impact.



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- Lead by example. I will tell a fellow coach, official, trainer, manager, adult and seek medical attention by a certified medical doctor if I am experiencing concussion symptoms.
- Understand and respect that any athlete with a suspect concussion must be removed from soccer and not permitted to return until they undergo a medical assessment by a certified medical doctor and have been medically cleared to return.
- \*\*Coaches Only- Commit to providing opportunities before and after each training to enable athletes to discuss potential issues related to concussions.

*I will support all participants to take the time they need to recover.*

- I understand my commitment to supporting the return-to-learn and return-to-sport process.
- I understand the athletes will have to be cleared by a certified medical doctor before returning to soccer.
- I will respect my fellow coaches, trainers, managers, parents, officials, medical doctors and any decisions made with regards to the health and safety of my players.