

HEAD INJURY GUIDELINES AND PROCEDURES

Beginning August 1, 2013, PA ACT 101, commonly known as the “Safety in Youth Sports Act”, establishes standards for managing concussion and traumatic brain injuries. The policy for the management of concussion and head injury requires that:

- i. An informed consent must be signed annually via online registration by parents and youth athletes acknowledging the risk of head injury prior to practice or competition.
- ii. A youth athlete who is suspected of sustaining a concussion or head injury must be removed from play – **“When in doubt, sit them out”**
- iii. A youth athlete who has been removed from play **must receive written clearance from a licensed health care provider prior to returning to play.**
- iv. Coaches must complete annual concussion management certification training.

COACHES:

- i. Shall immediately remove from participation/competition any athlete who is suspected of sustaining a concussion or head injury and complete an Incident Report Form.
- ii. Shall not allow an athlete who has been removed from play because of a suspected concussion/brain injury to return to play until the athlete has received written clearance from a licensed health care provider trained in the evaluation and management of brain injuries.
- iii. Shall annually review, sign and return to the Philadelphia Union Foundation/Chester Union Soccer Club an informed consent sheet on concussion and head injury prior to initiating practice or competition. This informed consent form can be found at www.chesterunion.org , under admin and may also be completed online by completing the Chester Union Online Coach Registration.
- iv. Shall annually complete the online CDC course entitled “Heads Up Online Training Course” and print out the certificate at the end of the online course showing completion and send it to the Philadelphia Union Foundation/Chester Union administrator.

PARENTS/GUARDIANS:

- i. Shall annually review, sign and return to Philadelphia Union Foundation/Chester Union Soccer Club via online registration an informed consent form on concussion and head injury prior to the youth athlete's initiating practice or competition.
- ii. Shall notify coach and complete an Incident Report Form if child has been diagnosed with a head injury/concussion.

ATHLETES:

- i. Shall annually review, sign and return to the Philadelphia Union Foundation/Chester Union via

online registration an informed consent sheet on concussion and head injury prior to initiating practice or competition.

- ii. Athletes are encouraged to notify a coach if they or a teammate exhibit signs or symptoms of a concussion/brain injury.

CLUBS/ACADEMIES:

- i. **Shall certify that all coaches and trainers have completed concussion management certification training course.**
- ii. **Shall provide educational materials to players and families.**

LICENSED HEALTH CARE PROVIDERS:

Licensed health care providers trained in the evaluation and treatment of concussions/brain injuries authorized to allow the athlete to return to play:

- i. Medical Doctors (MD)
- ii. Doctor of Osteopathy (DO)
- iii. Advanced Registered Nurse Practitioner (ARNP)
- iv. Physicians Assistant (PA)
- v. Licensed Certified Athletic Trainers (ATC)