

# FSCI Phoenix Concussion Policy

FSCI Phoenix recognizes the potential danger and long-term health consequences of this often difficult to diagnose form of traumatic brain injury. The Policy is intended to provide easy-to-understand guidelines related to players who have been diagnosed with or are suspected of having a concussion and education to prevent concussions.

## **Audience:**

The Policy is for Staff, Coaches, Parents and Players who participant in all FSCI activities.

## **Procedures and Protocol:**

Concussions rarely (less than 10% of occurrences) involve loss of consciousness. However, in the event of loss of consciousness Staff will call 911 or will instruct another adult to call 911 immediately.

When, during a training session or game, a Player is suspected of having a concussion the Coach/Staff will remove the Player from the session or game and will not allow the Player to return to play for the remainder of the session or game. The Coach/Staff will keep the Player out even if the Player insists, "I'm OK now, Coach"

The Coach/ or Staff will inform the Player's Parent or guardian of the Player's symptoms as soon as possible. Ideally, the Parent will be notified immediately.

Before the Player can return for future session or game the player needs to cleared by a health care professional. Documentation of this clearance needs to be provided to the FSCI staff. When the Player returns for a future session or game if, based on the Coach/staff's understanding of concussion symptoms, the Coach/staff suspects the player is still exhibiting symptoms, the Coach/staff will keep the player from the activity.

## **Education:**

### **Coaches and Staff**

Before each season and as they are hired, all Coaches and staff will be given a copy of CDC's "Heads Up: Concussion in Youth Sports, A Fact Sheet for Coaches" document or a similar document to be approved by FSCI.

Coaches and staff when first hired will watch at least one of the following two educational videos. Coaches and staff will once every year watch one of the following educational videos as a refresher.

“Concussion in Sports – What you Need to Know” developed by The National Federation of State High School Associations (NFHS). Click link below.

<http://nfhslearn.com/?courseID=15000>

“Heads Up: Concussion in Youth Sports Online Concussion Training” Centers for Disease Control and Prevention (CDC). Click links below.

<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>

<http://www.cdc.gov/headsup/youthsports/training/index.html>

## **Parents**

When a Parent registers their Player they will be required to check a box agreeing to the following: “If my child is diagnosed with a concussion during a FSCI activity or during ANY OTHER ACTIVITY including those outside FSCI, or if my player has a prior head injury, I will inform FSCI of such diagnosis prior to the start of the season or before my child returns to play.” They will also be provided with a link to this policy on the FSCI web site.

## **Players**

All Players and Parents in the Travel Program will be given a copy of CDC’s “Heads Up: Concussion in Youth Sports, A Fact Sheet for Players” document.

All Players U12 and older will be asked to watch either of the approved education videos mentioned above at least once a year.

## **Player Development procedures:**

Staff will not use repetitive exercises that include the use of a players head until a player is in the U12 Travel Program year.

## **Useful Websites**

<http://www.cdc.gov/headsup/index.html>

[http://www.cdc.gov/headsup/pdfs/youthsports/parents\\_eng.pdf](http://www.cdc.gov/headsup/pdfs/youthsports/parents_eng.pdf)

<http://www.cdc.gov/headsup/youthsports/index.html>

[http://www.cdc.gov/headsup/pdfs/youthsports/parent\\_athlete\\_info\\_sheet-a.pdf](http://www.cdc.gov/headsup/pdfs/youthsports/parent_athlete_info_sheet-a.pdf)

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