

Scottsdale Soccer

RECREATIONAL PROGRAM

Head Injury Information and Process

Participation in sports can increase the risk of head injury (concussions) and at all levels of sport there is a heightened awareness of the dangers of concussion injury. A concussion is a type of Traumatic Brain Injury (TBI) that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some may have symptoms that last for days or even weeks. A more severe concussion can last for months or longer.

Did You Know?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

The topic of concussion is now a primary focus in sports at all levels: youth, college, and professional. You may be surprised to know that there is Arizona law regarding concussions and youth sports: [ARS 15-341 \(24 b\)](#). The [Arizona Youth Soccer Association](#) (AYSA) has a [AYSA Head Injury Policy](#) covering all players and an [AYSA Concussion Form](#) that every competitive program player, parent, and coach signs at the beginning of every season. The AYSA Head Injury Policy and AYSA Concussion Form closely mirror the Arizona law pertaining to concussions. **HAVE YOU ACTUALLY READ OR ARE YOU AWARE OF THE AYSA POLICY?** Additionally, the [Banner Health Concussion Center](#) is a new sponsor of an AYSA program. Concussions are a high priority for AYSA, Region IV, and US Youth Soccer; the local, regional, and national governing bodies of youth soccer.

Important Information about the AYSA Concussion Policy:

1. A referee or coach can remove a player from a game or practice if a head injury or possible concussion is suspected. If a player is removed from a Scottsdale Soccer Recreational Program game or practice, the incident needs to be reported to the Director of Recreation. The absence of this report does not discount the possible injury or circumvent the AYSA policy and “Return to Play” guidelines.
2. Once removed from a game or practice, that player **CANNOT** return to play / participate in any practice, team event, tournament, or game without written medical clearance from a listed and appropriate medical professional. This means **ANY AND ALL** soccer events including those governed by US Club Soccer or any other entity; league or governing body affiliation does NOT matter. This restriction to participation cannot be lifted without a written medical clearance regardless of the player’s observed condition, their insistence of “being alright” or even parental permission and regardless of the length of time it takes to receive medical clearance – **No Exceptions!**
3. AYSA and [Scottsdale Soccer](#) must receive a copy of the medical clearance in order for the player to “Return to Play.”
4. If a player is injured at a game, practice, tournament, or any team event, the player’s parents must be contacted immediately and informed of the injury. **DO NOT WAIT** until after the event has concluded to begin notification. What is required is an immediate coach to parent phone call. Email and text messaging are only secondary notification methods. Do not let injured or suspected injured players leave any soccer event without being accompanied by a parent or responsible adult. **If in**

doubt, utilize 911 emergency responders. The Director of Recreation must also be notified of any player removed from play due to injury.

Scottsdale Soccer is vested in the safety, well-being, and education of all of our members (players, parents, and coaches). We find that our members may be unaware of the dangers of concussions, the current policies regarding concussions, how to handle concussions when they occur, and the requirements / strategies for an athlete's "Return to Play." With that in mind, Scottsdale Soccer is developing a Concussion Program that services all of our membership. **Part of that initiative begins with you.**

Included below is a link, regarding concussions, to the Center for Disease Control's (CDC) website on the topic. This resource is a half-hour, online, video presentation and quiz seminar called "**Heads Up! – Concussion in Youth Sports Training for Coaches.**" – [LINK HERE](#). **Please take the time to view this presentation and take the quiz.** A successful completion triggers a printed and dated course certificate.

For those with App Enabled Smart Phones or Tablets, please go to the App Store (Apple Devices) or Play Store (Android Devices) and download the **FREE** App "[Concussion Recognition and Response](#)" and watch the **Video Demonstration of the App** – [Click Here](#). This App is not meant to circumvent any medical procedures, diagnosis, or advice by trained medical professionals but is rather another helpful tool to better assist our members when concussion-type injuries occur.

As previously stated, Scottsdale Soccer is working to add a Concussion Program to our innovative portfolio of programs. Your awareness, help, assistance, and compliance in this process is greatly appreciated.