



## **Michiana Echo Soccer Club | Concussion Policy**

**Last updated March 17, 2019**

Michiana Echo Soccer Club (“Echo”) is committed to safe play and provides this Concussion Policy regarding the nature and risks of concussions, procedures to detect and treat concussions prior to safe return to play, and training requirements and recommendations.

### **Concussion Procedure and Protocol**

All coaches, club and team officials, and parents/guardians should review, become familiar with, and adhere to [Concussion Procedure and Protocol for US Youth Soccer Events](#).

When a concussion occurs or is suspected, the following four steps must be taken:

1. The athlete is to be removed from practice or play immediately.
2. The parent or guardian is to be informed same day of injury.
3. The athlete is not permitted to participate further in the athletic activity until they have been evaluated by a licensed health care provider trained in evaluation and management of concussion.
4. Written clearance to return to physical/sport participation is received from that health care provider.

### **Concussion Education and Training**

- All coaches, club staff, and managers are required to take the *CDC Heads Up* course through GotSoccer as often as required by Indiana Soccer and Echo.
- This training can be accessed through your individual GotSoccer profile and thus provides a permanent record that the course has been taken.
- Failure to complete the training as and when required will result in suspension of your duties for the club (without pay, as applicable) until the training is completed.

### **Parent Education Program**

Echo’s parent education program includes the following fundamental components:

1. Echo will regularly provide parents and guardians access to educational materials on concussion risks, recognition of signs and symptoms, and post-injury management and will encourage parents to complete training.
2. Echo will regularly provide parents and guardians information regarding the potential benefits of baseline testing and the necessary circumstances governing appropriate test procedures most likely to produce the reliable and valid test results and will encourage parents to complete baseline testing.
3. Echo will regularly provide parents and guardians information related to the SportsGait concussion application and will encourage parents to utilize the application.

*More information on concussions in youth sports can be found at [www.cdc.gov/headsup](http://www.cdc.gov/headsup) and [www.childrensnational.org/score](http://www.childrensnational.org/score).*