



Concussion/Return to Play Guidelines

Return to play guidelines for sport is designed for the safety of the players. It must be remembered that a sport concussion is a form of a mild traumatic brain injury, which is a complex pathophysiological process affecting most brain functions. South Windsor Youth Soccer Club follows the guidelines proposed by the Concussion in Sport Group.

The South Windsor Youth Soccer Club proposes that all players that are suspected of having received a concussion should follow the following guidelines:

1. If a player is suspected of having a concussion by the coach, trainer, or parent, they should be immediately removed from further play and will be examined by trained and certified medics. If warranted they should not go back to play that day and only return on subsequent days after an assessment indicates readiness.
2. The coach or trainer should perform a “side-line” assessment.
3. If the player has experienced unconsciousness assume a neck injury: call 911. If there is a significant loss of awareness and orientation take the player to the emergency room at the nearest hospital for required treatment and follow up by health care professionals.
4. All suspected concussions are referred to see a physician or nurse practitioner within 24 hours.
5. During the next 24-72 hours complete mental and physical rest is needed. Most concussions resolve in 7-10 days, but every player will respond differently.
6. Coaches and parents should not pressure the player to return until medically cleared.
7. The player should then be medically cleared to participate in game play. A letter of clearance must be obtained from a medical professional.