



BRYC Elite Academy Concussion Policy

A concussion is a type of traumatic brain injury that is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth.

Most athletes with a concussion will recover quickly and fully. But for some athletes, signs and symptoms of concussion can last for days, weeks, or longer.

If an athlete has a concussion, his or her brain needs time to heal. A repeat concussion that occurs before the brain recovers from the first—usually within a short time period (hours, days, weeks)—can slow recovery or increase the chances for long-term problems. In rare cases, repeat concussions can result in brain swelling or permanent brain damage. It can even be fatal.

Education about Concussions

BRYC Elite Academy is dedicated to educating its members on how to recognize signs and symptoms of concussions, along with the protocol in dealing with this injury. BRYC Elite Academy will require that all coaches/trainers complete the Online Concussion Training from the CDC's Head Start Concussion in Youth Sports. We will continue to provide members with up to date information about concussion protocol, signs and symptoms, and recovery via our webpage at www.brycsoccer.com

Signs and Symptoms for Concussions

Signs and Symptoms of Concussions may include, but are not limited to the following:

Observed by Coaches, Trainers, Parents

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Just "not feeling right" or "feeling down"

Concussion Protocol (Established by US Youth Soccer)

Step 1: Did A Concussion Occur?

REMOVE THE PLAYER FROM THE MATCH/TRAINING/ACTIVITY and evaluate his/her condition, paying particular attention to the symptoms noted above.

Step 2: Is Emergency Treatment Needed?

Call 9-1-1 IMMEDIATELY if the player is showing ANY of the signs listed below:

- Spine or neck injury/pain
- Behavior patterns change; unable to recognize people/places; less responsive than usual.
- Loss of consciousness
- Headaches that worsen
- Seizures
- Very drowsy, can't be awakened
- Repeated vomiting
- Increasing confusion or irritability
- Weakness, numbness in arms and legs

Step 3: If A Possible Concussion Occured (But No Emergency Treatment Is Needed) What's Next?

Every 5-10 minutes (and for the next 1-2 hours) evaluate the player, paying particular attention to the following areas:

- Balance and movement
- Speech
- Memory, instructions, and responses
- Attention on topics and detail
- Ability to concentration
- State of consciousness
- Mood, behavior, and personality
- Headache or "pressure" in head
- Presence of nausea or vomiting
- Sensitivity to light and noise

Even if the player is showing no signs or symptoms within 15-20 minutes of the impact/injury, the athlete MAY NOT re-enter the match, training or partake in any activities for the next 24 hours.

The player should be evaluated by a Certified Athletic Trainer or, if not available on site, his/her personal physician as soon as possible.

Step 4:

A player diagnosed with a possible concussion may return to play only after release from a medical doctor or doctor of osteopathy specializing in concussion treatment and management.

Return to Play Guidelines (Post-Concussion)

BRYC Elite Academy has adopted the CDC's five-step program for safely returning an athlete to play. Each step must take at least 1 day before moving on to the next step.

Step 1: Light Aerobic Activity	Goal: Increased heart rate Time: 5-10 minutes Activity: Low Intensity stationary bike, walking or light jogging
Step 2: Moderate Activity	Goal: Limited body and head movement Time: Reduced from typical routine Activity: Moderate jogging, brief running, moderate-intensity stationary bike and moderate intensity weightlifting.
Step 3: Heavy, Non-contact Activity	Goal: More intense workout, but no contact Time: Close to typical routine Activity: Running, high-intensity stationary biking, the player's regular weightlifting routine, and non-contact sport-specific drills. This stage may add some cognitive component to practice in addition to the aerobic and movement components introduced in Steps 1 and 2.
Step 4: Practice and Full Contact	Goal: Reintegrate into full training Time: Typical Routine Activity: Normal Training Session
Step 5: Competition	Goal: Return to competition Time: Typical Match Play Activity: Match Play

It is important to monitor symptoms and cognitive function carefully during each increase of exertion. Players should only progress to the next level of exertion if they are not experiencing symptoms at the current level. If symptoms return at any step, an athlete should stop these activities, as this may be a sign the athlete is pushing too hard. Only after additional rest, when the athlete is once again not experiencing symptoms for a minimum of 24 hours, should he or she start again at the previous step during which symptoms were experienced.

