



NORTH SHORE GIRLS SOCCER CLUB

APPROVED: JUNE 2022

POLICY

CONCUSSION POLICY

NSGSC adheres to the policies of the BC Soccer Association and Canada Soccer Association on concussion management to maintain the safety of our players.

Definitions. Concussion: A type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth.

NSGSC's Concussion Management Plan applies to all registered players and their families.

1. All concussions should be regarded as potentially serious.
2. Annually ensure players, with their parent(s)/ guardian(s) if the player is under the age of 18, are educated about the signs and symptoms of concussions. Players, with their parent(s)/ guardian(s) if under the age of 18, must acknowledge that they have received information about the signs and symptoms of concussions and that they have a responsibility to report concussion-related injuries and illnesses to an independent medical professional.
3. Ensure players, with their parent(s)/ guardian(s) if the player is under the age of 18, **who exhibits signs, symptoms or behaviours consistent with a concussion shall be removed from athletic activities** (e.g., competition, practice, or physical conditioning sessions) and assessed by an independent medical professional with experience in the evaluation and management of concussions.
4. Medical clearance is required for a player, with their parent(s)/ guardian(s) if the player is under the age of 18, diagnosed with a concussion **to return to athletic activity** (e.g., competition, practice, or physical conditioning sessions) as determined by the independent medical professional.
5. Players, with their parent(s)/ guardian(s) if the player is under the age of 18, and diagnosed with a concussion **must provide written evidence of medical clearance** to the team's coach and the Club Director of Coaching before returning to athletic activity (e.g., competition, practice, or physical conditioning sessions). Return to work/education must take priority over returning to playing soccer.
6. Anyone with a suspected concussion following an injury must be immediately removed from playing or training and receive a prompt assessment by a medical doctor or nurse practitioner.
7. The recurrence of concussion symptoms during a progressive exercise program requires removal from training or playing and reassessment by health care professionals.

NSGSC's *return-to-play procedures* and medical clearance form can be found here: [Player Safety](#)



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More about the BC Soccer policy can be found [HERE](#).

More about the Canada Soccer policy can be found [HERE](#).

For more information visit the [Concussion Training](#) and [Concussion Awareness](#) pages.