

Spitfires Soccer Club

Concussion Management Policy

Version 1.1
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Brief

This policy is intended for use by players, team and club officials for the handling of suspected concussion incidents and determining when a player will be allowed to return to competition. Team officials are responsible for understanding and applying this policy for suspected concussion incidents.

Identifying a Suspected Concussion

The Pocket Concussion Recognition Tool shall be used to identify symptoms of a concussion.

If the player's behavior shows symptoms of a concussion, the player will be removed from play and will not return to the game. In addition, if there are any red flag symptoms, the player will be transported to receive immediate medical assessment. A player with a suspected concussion incident will not be left alone and will not operate a motor vehicle.

Return to Play Policy

It is recommended that a player with a suspected concussion is referred to a medical professional for diagnosis and guidance for a decision on when to return to play.

Following clearance by a medical professional, a player should follow a staged recovery plan. The following plan is suggested by SCAT3™.

Team officials need to ensure that a player with a suspected concussion incident understands and follows the steps below for returning to play.

Rehabilitation Stage	Functional exercise	Objective
No activity	Physical and cognitive rest	Recovery
Light aerobic exercise	Walking, swimming, stationary bike. 70% max heart rate. No resistance training.	Increase heart rate
Sport specific exercise	Running drills, light ball activity, no head impact.	Add movement
Non contact practice	Progression to more complex activities, eg drills. Can progress to resistance training.	Exercise, coordination, cognitive load
Full contact practice	Participation in normal training activities	Restore confidence and assess abilities
Return to play	Normal game play	

Each stage should last at least 24 hours. If any symptoms appear at any stage, the player should rest and then resume the program at the previous stage.

If a player is symptomatic for more than 10 days, then it is recommended to seek a medical professional who is an expert in concussion management.