



COLORADO SOCCER ASSOCIATION
CONCUSSION POLICY

1. Each member of Colorado Soccer, and any club or entity that enters teams into Colorado Soccer sponsored leagues [Sponsoring Entity], shall require each head coach and each assistant coach with whom the club or entity contracts or employs and who coaches a youth soccer activity [including practices] to complete an annual concussion recognition education course. Failure of a coach to complete an annual concussion recognition education course shall be grounds for discipline by Colorado Soccer.

2. Coaches are encouraged to inform all youth players and parents on the issue of concussion symptoms, diagnosis and management.

3. All youth players are encouraged to be candid with their parents and/or legal guardians, coaches and referees about any injury they may sustain.

4. On an annual basis, all referees licensed through the U.S. Soccer Federation system or who otherwise serve as referees for Colorado Soccer activities are required to review a CSA approved concussion video as well as any concussion information/protocols which may be made part of course materials. In addition, referee newsletters and the CSA sponsored referee website will include concussion information and updates.

5. The concussion recognition education course required by Policy shall include the following:

- A. Information on how to recognize the signs and symptoms of a concussion;
- B. The necessity of obtaining proper medical attention for a person suspected of having a concussion; and
- C. Information on the nature and risk of concussions, including the danger of continuing to play after sustaining a concussion and the proper method of allowing a youth athlete who has sustained a concussion to return to athletic activity.

Colorado Soccer Associations may designate specific education courses as sufficient to meet the requirements of subsection (1) of this section.

6. If a head coach or assistant coach who is required to complete concussion recognition education suspects that a youth athlete has sustained a concussion following an observed or suspected blow to the head or body in a game, competition, or practice, the coach shall immediately remove the athlete from the game, competition, or practice. If a referee suspects that a youth athlete has sustained a concussion, the referee shall immediately stop play and notify the head coach of the youth player's team to permit evaluation of the player.

7. If a youth athlete is removed from play as required under this Policy, and the signs and symptoms cannot be readily explained by a condition other than concussion, the coach or personnel from the Sponsoring Entity shall notify the athlete's parent or legal guardian. By state law, the player shall not be permitted to return to play or participate in any



supervised team activities involving physical exertion, including games, competitions, or practices, until he or she is evaluated by a Health Care Provider and receives written clearance to return to play from the health care provider.

8. "Health Care Provider" means a doctor of medicine, doctor of osteopathic medicine, licensed nurse practitioner, licensed physician assistant, or licensed doctor of psychology with training in neuropsychology or concussion evaluation and management. In addition, a doctor of chiropractic with training and specialization in concussion evaluation and management may provide written clearance to return to play for an athlete. The health care provider evaluating a youth athlete suspected of having a concussion or brain injury may be a volunteer.

9. Colorado Soccer recommends that all Members encourage and educate parents and/or legal guardians of all youth players of the Policy. Parents should take steps to become informed on the issue of concussion symptoms, diagnosis and management. Parental participation in all phases of identifying and treating suspected injuries is crucial.