



CONCUSSION POLICY

ALL SUPERB FUTBOL CLUB PLAYERS:

If you believe you might have experienced a concussion, you MUST see a certified medical professional before resuming play

Concussions are a common injury in all contact sports. We implemented a specific policy modeled after the Gfeller-Waller Act in North Carolina. This Act is designed to protect athletes of all ages from returning from a concussion injury prematurely.

Superb Futbol Club Youth Concussion Policy

If an athlete is suspected to have a concussion, either observed by a coach, parent, referee, or another player, he/she is to be removed from the game or practice and assessed for a possible concussion. If there is not a Qualified Person (Certified & Licensed Athletic Trainer) to rule out the possibility of a concussion the athlete is to remain off the field of play.

After a suspected concussion, the athlete is not to return to play **WITHOUT** a Doctor's note from a Neurologist/Sports Concussion Doctor.

Coaches should remove athletes with a suspected concussion if any of the following symptoms are present after a blow to the head or sudden fall. Symptoms include but are not limited to:

- Loss of Consciousness
- Headache
- Dizziness
- Nausea
- Amnesia - Retrograde/Anterograde
 - Memory loss of events leading up to or occurring after the suspected concussion event
- Fatigue
- Sensitivity to light
- Irritability
- Feeling in a fog
- Loss of appetite



- Blurred vision
- Difficulty Concentrating

If the athlete is unresponsive, 911 should be called and the athlete monitored for Airway/Breathing/Circulation until EMS arrives. If the athlete regains consciousness before EMS arrives, keep them in a comfortable position until EMS arrives and they are able to be evaluated further.