



OMSC Concussion Prevention and Management Policy

Objectives:

1. Reduce concussion risks for participants in OMSC programs;
2. Increase awareness of concussion risks, concussion effects, and their proper management for participants in OMSC programs;
3. Reduce legal risks to OMSC

Education

- A. OMSC shall provide each coach, on an annual basis, information on the nature and risk of concussions, criteria for removal and return to play, and risks of not reporting the injury and continuing to play. The club shall require each coach to sign a statement acknowledging receipt of such information and maintain such record for no less than seven years. Club members are encouraged, but not required, to review the online concussion recognition tool endorsed by FIFA and provided by the Play Safe Initiative at: <http://www.playsafeinitiative.ca/uploads/3/0/6/4/3064403/concussion-recognition-tool.pdf>
- B. OMSC shall make available on the club website for the review of parents or guardians of each youth participant, information on the nature and risk of concussions, criteria for removal and return to play, and risks of not reporting the injury and continuing to play.

Head Impact Protocol

- A. OMSC concussion management protocol is activated in any situation in which a participant in the club's athletic programs or activities (including games, practices, skill sessions and other athletic activities) is suspected of having incurred a potential concussion as a result of a head or neck impact or other impact that could lead to a concussion.
- B. Such protocol requires the immediate removal of the player participant from the activity to be evaluated for symptoms of a concussion by a designated coach, team official, club representative, trainer or medical professional; and a requirement that the player participant not be permitted to return to play or any other athletic activity on that day if the player participant exhibits any symptoms of a concussion. OMSC policy regarding concussion is: "when in doubt, sit it out."

Return to Play

- A. If a player participant is removed from play due to exhibiting symptoms of a concussion, he or she may not return to any athletic activity of the club until a "licensed healthcare provider" has provided the club with written clearance for the player participant to resume such activities, pursuant to existing OMSC 'Return to Play Policy' guidelines. This provision does not prohibit a player participant from attending games, practices and other activities without participating athletically in such activities.
- B. OMSC requires that a 'Player Injury Report' form is filled out in the case of any injury resulting in medical visit and that the form, as well as the return to play authorization by the 'licensed healthcare provider' be submitted to the OMSC office for record keeping for a period of 7 years.



Baseline Testing

- A. OMSC encourages, but does not require, parents and players to arrange baseline testing for any player participants to facilitate the return to play when a concussion occurs.
- B. Baseline testing is an exam conducted by trained professionals to help assess a person's brain functioning (including learning and memory skills, ability to pay attention or concentrate, and how quickly a person thinks and solves problems) at a given point in time. The results of such a test can be compared to a similar exam if a concussion has occurred, to help evaluate whether the injured player is ready to return to play.

Reporting Requirements

- A. OMSC requires an annual report to the Board by the Vice President beginning in 2016 with regards to the number of concussion related incidents reported to the club.
- B. OMSC will review the concussion management programs in compliance with this policy annually prior to the start of the outdoor soccer season.