

**Calgary Blizzard
Soccer Club
Policies &
Procedures**Chapter:
HEALTH, SAFETY & ENVIRONMENTSubject:
CONCUSSION GUIDELINESAuthorization:
N/AWhite Paper:
N/ADate:
February, 2019

POLICY NUMBER: 02-13**REFERENCE:** [CMSA Concussion Policy and Protocols](#)
[FIFA Pocket Concussion Recognition Tool](#)
[Concussion Guidelines for Parents/Caregivers](#)
[Concussion Guidelines for Coaches/Trainers](#)
[Guidelines for return to play after a concussion](#)**POLICY:** Calgary Blizzard Soccer Club (CBSC) is committed to maintaining the health and safety of individuals within the communities we serve and believe that participating in soccer-related activities can contribute to improved overall health, fitness and wellbeing. Soccer-related activities, as with most physical, contact sports, have an inherent risk of head injury, including concussion. CBSC recognizes that head injuries and concussions are a significant public health issue and concern because of their potential for both short- and long-term consequences. CBSC therefore enacts this policy and related protocols as tools to help prevent, recognize and properly treat head injuries, including concussions, which may occur while engaged in soccer-related activities.

CONCUSSION POLICY: When an injury occurs which involves or is suspected to involve a player's head, including but not limited to a concussion, the CBSC is responsible for ensuring the CMSA concussion policy and protocols are followed for recognition and removal from play, reporting, return to learn and return to play, including securing and providing to the coach of the player's team a signed clearance for return to play from a physician. Parents, coaches, managers, players and other participants must also assume responsibility to educate themselves in this area. Within this context, CMSA recognizes that the proper care and treatment of a head injury, including concussion, takes precedence over any sport/recreation/work/school activities during the healing process. Recognizing that the ultimate responsibility for the activities of



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participants and compliance with CMSA policies and protocols lies with the member clubs/organizations and the players themselves in this area.

INTERPRETATION:**1.0 Concussion**

A concussion:

- is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g. headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotional/behavioral (e.g., depression, irritability) and/or related to sleep (e.g., drowsiness, difficulty falling asleep);
- may be caused either by a direct blow to the head, face or neck, or a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull;
- can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness); and,
- cannot normally be seen on X-rays, standard CT scans or MRIs.

**2.0 Suspected
Concussion**

The recognition that an individual appears to have either experienced an injury or impact that may result in a concussion, or is exhibiting unusual behaviour that may be the result of concussion.



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