

Rye Brook Youth Soccer Club

The RBYS Board recognizes that concussions and head injuries are the most commonly reported injuries in children and adolescents who participate in sports. A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head or body that causes the head and brain to move rapidly back and forth.

Signs and symptoms of a concussion may include:

- Headache or a feeling of pressure in the head
- Temporary loss of consciousness
- Confusion or feeling as if in a fog
- Amnesia surrounding the traumatic event
- Dizziness or "seeing stars"
- Ringing in the ears
- Nausea
- Vomiting

Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management. Therefore, RBYS is adopting the following **Policy** to support the management of concussion injuries:

1. **Remove the youth soccer player from Play:** A Rye Brook youth soccer player who is believed to have a concussion is to be removed from practice or game right away.
2. **Obtain permission to return to play:** If the child is removed from a practice or a game and then diagnosed with a concussion by a physician, he/she can return to practice or game only with a note from a treating physician.
 - The written authorization must be submitted to the parent coach and the RBYS Board

Rye Brook Youth Soccer Executive Board