



## Region13 – Concussion Policy

### Concussions - Region 13 adopted AYSO National Policy

The AYSO Safe Haven and Safety Director programs have been promoting since 2009 the recommendations provided by the U.S. Center for Disease Control's (CDC) *Heads Up* program for concussion awareness and safety. Since then, 35 states plus the District of Columbia have passed concussion legislation, most of which came onto the books within the last year. Other states have similar laws pending.

In response to increasing concerns about the potential risks associated with concussions and to these new state laws, the AYSO National Board of Directors launched a Concussion Task Force to develop recommendations for AYSO Regions and families. The NBOD has approved its recommendations:

- Use of the AYSO/CDC Concussion Information Sheet to inform all parents and players about the signs and symptoms of concussion and the associated risks. Find the Information Sheet at: <http://www.ayso.org/resources/safety.aspx>
- Encourage ALL coaches, referees, and Section, Area and Region Board Members to take the CDC's free online Concussion Awareness Training at: [http://www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html) or soon to be available at [www.aysotraining.org](http://www.aysotraining.org). Volunteers who take the course on the CDC website should print a copy of the Certificate of Completion and forward it to the Safe Haven Department at the National Office where training records will be updated.
- Any player suspected by the coach, referee or parent to have a concussion must be removed from further participation for at least the remainder of the day, **and**
- Parents should be encouraged to seek professional medical treatment at the time of injury and secure medical clearance before being allowed to return to play. In all cases, AYSO will require the parent to sign a new Participation Release Form which includes a concussion waiver confirming that the player has been given the appropriate clearance to return to play.

State legislation varies slightly from state to state and additional information is being provided for those with AYSO programs impacted by concussion laws. In the meantime don't hesitate to contact the Safe Haven office at 800-872-2976 for further clarification.

Here are a few of the helpful Steps/Measures to remember relating to concussion awareness and safety issues:

- Coaches are required to complete an AYSO Incident Report whenever a concussion has been suspected and turn it into the Safety Director.
- The Safety Director must forward a copy of the AYSO Incident Report to [insurance@ayso.org](mailto:insurance@ayso.org) and make sure the injured player's parents are informed about AYSO's Soccer Accident Insurance.
- Coaches must require a signed Participation Release Form from the parent/guardian before a player having a concussion or suspected of having a concussion is allowed to return to play. Parents should always be encouraged to seek appropriate medical care and medical clearance. The signed Medical Release is also mandatory before return to play.
- The signed Participation Release and any Medical Release must be given to the Safety Director and forwarded to [insurance@ayso.org](mailto:insurance@ayso.org).

Please direct any questions to Region 13 Safety Director Wendy Hopkins [whopkins@obrienlawcorp.com](mailto:whopkins@obrienlawcorp.com) or Regional Commissioner Steve Bickel At [rc@aysol3.org](mailto:rc@aysol3.org).



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Regards,

Steve Bickel  
Regional Commissioner  
AYSO Region 13  
<http://ayso13.org>  
<https://www.ayso.org>  
<http://www.facebook.com/AYSO.Region13>  
<http://www.twitter.com/AYSO13>

How about this...

1. Email Blast announcing AYSO Concussion policy and posting that policy on the website as well as heads up action plan and release form.
2. Require YDP Coaches complete CDC course located at <http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html> and print a copy of the Certificate of Completion and forward it to **Karen Mihara**, National Safe Haven Administrator, at [karenm@ayso.org](mailto:karenm@ayso.org) where training records will be updated AND forward a copy to our Region 13 Safety Director [whopkins@obrienlawcorp.com](mailto:whopkins@obrienlawcorp.com).
3. Require YDP Team Team Referees complete CDC course located at <http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html> and print a copy of the Certificate of Completion and forward it to **Karen Mihara**, National Safe Haven Administrator, at [karenm@ayso.org](mailto:karenm@ayso.org) where training records will be updated AND forward a copy to our Region 13 Safety Director [whopkins@obrienlawcorp.com](mailto:whopkins@obrienlawcorp.com).
4. Require YDP Team Parents complete CDC course located at <http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html> and print a copy of the Certificate of Completion and forward it to **Karen Mihara**, National Safe Haven Administrator, at [karenm@ayso.org](mailto:karenm@ayso.org) where training records will be updated AND forward a copy to our Region 13 Safety Director [whopkins@obrienlawcorp.com](mailto:whopkins@obrienlawcorp.com).
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6. Wait a couple of months to see if National gets course in eayso.
  - a. If its up, then email blast to all Coaches, Referees and Team Parents requiring they complete through eayso.
  - b. If its not up, then email blast to all Coaches, Referees and Team Parents requiring they complete CDC course located at <http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html> and print a copy of the Certificate of Completion and forward it to **Karen Mihara**, National Safe Haven Administrator, at [karenm@ayso.org](mailto:karenm@ayso.org) where training records will be updated AND forward a copy to our Region 13 Safety Director [whopkins@obrienlawcorp.com](mailto:whopkins@obrienlawcorp.com).
7. During all Coach, Referee and Team Parent training courses reinforce requirement that they complete course through eayso.
8. add links to website...  
[http://www.ayso.org/Libraries/Resources/participation\\_release\\_form.pdf](http://www.ayso.org/Libraries/Resources/participation_release_form.pdf)  
[http://www.ayso.org/Libraries/Resources/CDC "Heads Up" Concussion Action Plan.pdf](http://www.ayso.org/Libraries/Resources/CDC_"Heads_Up"_Concussion_Action_Plan.pdf)  
[http://www.ayso.org/resources/safety/is\\_heading\\_safe.aspx](http://www.ayso.org/resources/safety/is_heading_safe.aspx)