

Somerset West Soccer Club Concussion Information for Parents/Players

Playing soccer involves the risk of sustaining a concussion. At Somerset West, we take this risk seriously, and we want to help players, parents, and coaches learn to recognize the signs of concussions and to respond appropriately when they occur.

A concussion is a form of brain injury that affects the ability of the brain to function properly. It can result from impact to the head or body that causes the head to move rapidly back and forth. Most concussions do not involve loss of consciousness, and they can be caused by bumps or blows that seem mild. However, **all** concussions are serious and require an appropriate response to avoid further injury or even death.

Because it is an injury to the brain, a concussion is not something that an observer can see. Instead, coaches and parents must watch for **signs** of a concussion, and athletes must be aware of the **symptoms** of a concussion. Important signs and symptoms may include the following:

Signs Observed by Coach or Parent	Symptoms Reported by Athlete
<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows mood, behavior, or personality changes • Can't recall events prior to hit or fall • Can't recall events after hit or fall 	<ul style="list-style-type: none"> • Headache or "pressure" in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Does not "feel right" or is "feeling down"

(adapted from CDC, *Heads-Up: Concussion in Soccer*)

Young athletes will often under-report concussion symptoms, or may have difficulty communicating what they are feeling. Because of this, it is crucial that parents and coaches watch for any signs of a concussion during and after play. If a parent notices a child exhibiting any of these signs, that parent should immediately inform the coach.

Under Oregon law, a player who shows **any** signs or symptoms of a concussion following an observed or suspected bump to the head or body **MUST** be removed from play immediately, and may not return to play until she/he no longer shows any signs or symptoms of a concussion, **and** has received a medical release form from a health care professional.

Remember, a concussion is a serious injury with potentially long-lasting consequences. We must all work together to recognize concussions when they happen. We encourage you to share this information with your children. Please note that all players over the age of 12 are required to read this information.