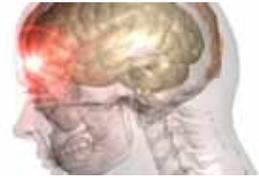


Recognize to Recover - Concussions

US SOCCER'S COMPREHENSIVE PLAYER HEALTH AND SAFETY PROGRAM

Resources Available on our Website!

We are now scratching the surface on the causes and complications of concussions. US Soccer has created its Recognize to Recover Program (linked on our website under HOME>MEDICAL and the Concussion/TBI tab). If you are a coach, please keep the following information handy, in case of a suspected concussion.



REMOVE FROM PLAY

Remove the athlete from play. Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.

INFORM PARENTS

Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.

EVALUATION FROM A HCP

Ensure that the athlete is evaluated right away by an appropriate health care professional with experience in evaluating concussions. Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head
- Any loss of consciousness (passed out/ knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (if any)

NO RETURN DAY OF

Keep the athlete out of play the day of the injury. Do not return the athlete to play or practice until a health care professional, experienced in evaluating/managing concussion, has cleared them to do so in writing. A repeat concussion that occurs before the brain recovers from the first may slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

EARLY SIGNS & SYMPTOMS OF CONCUSSION

Cognitive features: Unaware of game specifics (opposition colors, score of game, last play); confusion; amnesia (does not recall events prior to the hit or after the hit); alteration in consciousness; not oriented to time, place, or date; Slowed information processing speed; decreased attention and concentration.

Physical symptoms: Headache, dizziness, nausea, unsteadiness/loss of balance, feeling "dinged" or stunned or "dazed," seeing stars or flashing lights, ringing in the ears, and double vision.

Psychological symptoms: Depression, anxiety, anger, irritability, and difficulty controlling emotions.

Sleep Disturbance: Too much sleep, difficulty falling asleep or staying asleep.