



TYSA CONCUSSION POLICY

Georgia State House Bill 284, "Return to Play Act of 2013" requires that recreational sports leagues shall, at the time of registration for a youth athletic activity, provide an information sheet to all youth athletes' parents or legal guardians which informs them of the nature and risk of concussion and head injury. It also strongly encourages the organizations to establish and implement a concussion management and return to play policy.

POLICY

Tucker Youth Soccer Association (TYSA) takes concussions very seriously. If a player receives a head injury and is exhibiting the symptoms of having a concussion, (disoriented, dizzy, balance issues, etc), the athlete will be immediately removed from the game, competition, tryout or practice.

The Parents/guardians are required to seek medical evaluation and if deemed by the health care provider to have sustained a concussion, then the athlete may not return to play until they receive clearance from a health care provider for a full or graduated return to play.

WHAT IS A CONCUSSION

A concussion is an injury to the brain. It can be caused by a blow or bump to or around the head. This causes the brain to move inside the skull which can change how the brain works or processes information.

It is important to remember:

- A concussion usually does not result in loss of consciousness. Only about 10 percent of concussions involve a loss of consciousness.
- Headache is the most common symptom, but you do not have to have a headache to have a concussion.
- Since a concussion does not involve a structural injury to the brain, imaging such as a CT scan or MRI will look normal.
- Healing occurs over time and not right away.

Signs and Symptoms may include

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| Confusion | Answers questions slowly | Double or blurry vision |
| Nausea or vomiting | May lose consciousness | Inability to concentrate |
| Appears dazed or stunned | Headache or "pressure" in head. | Feels sluggish or foggy |
| Forgetful | Light or noise sensitivity | Behavior or personality changes |
| Moves clumsily | Balance or dizziness | Just doesn't "feel right" |

***In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

You can find more information about concussions, return to play guidelines and other educational activities at the following links:

[Emory Soccer Medicine Program](#)

[CDC – What is a Concussion](#)

[US Soccer – Recognize to Recover](#)