



# Recreational League Coach Handbook

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*PLAY. FUN. LEARN.*

RIVER SOCCER CLUB

RECREATIONAL



River Soccer Club

WWW.RIVERSOCCERCLUB.COM | 32221 GUM ROAD, FRANKFORD, DE 19945

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## RSC Philosophy

River Soccer Club is a grassroots club in Southern Delaware, USA. ***Our club's focus is the long-term development of our community by empowering people through soccer.*** RSC believes that players, coaches, volunteers, and board members develop critical life skills through their participation in sport and sporting organizations. Soccer, as a player-centered sport, is particularly good at developing those skills. Players and coaches of all levels will find an opportunity for empowerment and development at River Soccer Club.

## A Grande Ole Club to Play For

In the spring of 1996 River Soccer Club began with 3 teams and 48 players. Today RSC has 15 representative (travel) teams with approximately 600 players in our recreational programs. Our representative teams play throughout the mid-Atlantic Region and are coached by our highly qualified coaching staff. RSC offers a recreational league in fall and spring, an indoor winter league, and several camps in the summer which involve an additional 375 children.

The primary function of the River Soccer Club is to provide opportunities for youth, ages 5 to 18, to learn and to play soccer in a wholesome and sportsman-like atmosphere. Emphasis is on providing an appropriate level of soccer for all interested children.

The Club is subject to and abides by the rules and regulations of the United States Youth Soccer Association (USYSA) and the Delaware State Youth Soccer Association (DSYSA.)



# RSC Staff

## **Recreational League Director & Administrator:** *Christina Trager*

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## **Recreational League Referee Coordinator:** *Len Caro*

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## **Recreational Director of Coaching:** *Manuel Pavon*

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## **Complex Manager:** *Tom Timmons*

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## **President:** *Rebecca Mais*

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## All Recreational Coaches will agree to the following Expectations:

1. Embrace and embody RSC's *Mission Statement*.
2. Follow the RSC's *Code of Conduct*.
3. Enforce RSC's *Player and Parent Expectations*.
4. Communicate with the parents about questions, concerns, and/or information regarding the team and/or players
5. Report any major concerns or issues about the club, parents, players, and/or other coaches to the Recreational League Administrator

### Before the First Day Expectations:

6. Call the parents and notify them of team assignment, schedule, and other important information

### First Day Expectations:

7. Distribute uniforms
8. Conduct a parent meeting to introduce yourself, go over expectations of the parents and players.

### Game Day Expectations:

9. If you are going to be absent, please arrange ASAP for coverage, preferably a player's parent
10. Have a planned training activity for designated 30-minute warm-up prior to game kick off
11. Support the Referees, they are volunteers too; work with them, not against them
12. Help maintain the fields and equipment
  - a. Goals must have sandbags on the back-bottom bar (not on the nets)
  - b. Goals must be moved off the field after games and practice
  - c. Pick up trash, even if it's not yours
13. Report scores to Recreational League Administrator immediately after each game

### Practice Expectations:

14. Use the assigned fields (check with Recreational Administrator with field assignments)
15. Have a planned training session with age and developmentally appropriate activities. Use the curriculum as a resource.
16. Help maintain the fields and equipment
  - a. Goals must have sandbags on the back-bottom bar (not on the nets)
  - b. Goals must be moved off the field after games and practice

# RSC's Core Values



**Respect-** Positive feeling or action shown towards someone or something, admiration, high regard

**Integrity-** The practice of being honest and showing a consistent and uncompromising adherence to strong moral and ethical principles and values, honesty, honor

**Vigor-** Strong, healthy, robust effort, and full of energy

**Enjoyment-** The action or condition of getting satisfaction from something

**Responsibility** - The state or fact of being accountable and having the duty to deal with something

**RSC's Core Values shape the conduct of  
our players, parents, coaches, and people.**

## RSC Coaches Code of Conduct

River Soccer Club Coaches will always have...

**Respect-** *Positive feeling or action shown towards someone or something, admiration, high regard*

- **Show Respect** for other coaches, referees, parents, players, opponents, and the club through your behavior and actions
- **Be Positive-** soccer will be challenging, trust our process, failure is a part of learning, & stay positive

**Integrity-** *The practice of being honest and showing a consistent and uncompromising adherence to strong moral and ethical principles and values, honesty, honor*

- **Do the right thing**, make good decisions
- **Proudly Represent** themselves, the team, the players, the parents, and the club
- **Value our Philosophy-** Long-term player development over short-term results

**Vigor-** *Strong, healthy, robust effort, and full of energy*

- **Always Work Hard** preparing & executing training sessions
- **Be Enthusiastic-** Attitude is contagious; if you are excited, so will the players and parents
- **Stay Strong-** when things get difficult, keep your composure

**Enjoyment-** *The action or condition of getting pleasure or satisfaction from something*

- **Provide Encouragement-** Positive reinforcement for desired player behavior
- **Help your player fall in the LOVE with the Game-** make soccer an enjoyable experience

**Responsibility -** *The state or fact of being accountable and having the duty to deal with something*

- **Communicate** w/ managers, parents, and players appropriately & effectively
- **Be Prepared** for training sessions: show up early, session planned following RSC Expectations,
- **Take of Care Our Facility-** move goals off the field, pick up trash,
- **Take Ownership of your own Coaching Development-** work to become a better coach, take courses, reflect,
- **Take Ownership of Your Team-** manage the issues regarding players, parents, and culture of your team

**Play for the Badge. Be RIVER.**



# RSC Parents Code of Conduct

River Soccer Club Parents will always have...

**Respect-** *Positive feeling or action shown towards someone or something, admiration, high regard*

- **Show Respect** for coaches, referees, parents, players, opponents, and the club through their behavior and actions
- **Be Positive-** soccer will be challenging, trust our process, failure is a part of learning, & stay positive
- **Parents and spectators must not coach or yell instructions from the sideline.**
  - Let players solve problems on the field on their own. Yelling instructions to players robs them of a chance to solve those problems and hurts their development
  - Instructions may contradict the coach (respect the coach and allow them to do their job)
  - Do Encourage them!

**Integrity-** *The practice of being honest and showing a consistent and uncompromising adherence to strong moral and ethical principles and values, honesty, honor*

- **Volunteer and Help Out**
  - RSC is a massive organization needs help: field maintenance
  - RSC is OUR Club, together we must take care our Club
  - If we don't volunteer, playing fees will increase
- **Pay your Fees-** on time, full payments
  - All Services have a COST (Tournaments, Games, Coaching, Field Maintenance, Refs, Admin)
  - If payments are an issue, speak to the manager and financial aid may be available

**Vigor-** *Strong, healthy, robust effort, and full of energy*

- **Praise Your Player's Efforts, not Results**
  - Effort = Player Development
- **Support Player Healthy Habits-** Sleep, Healthy Diet, Water, Exercise, etc...

**Enjoyment-** *The action or condition of getting satisfaction from something*

- **Provide Encouragement**
- **Be a Supporter, not a Fanatic.**
- **Help your player fall in the LOVE with the Game-** make soccer an enjoyable experience

**Responsibility** - *The state or fact of being accountable and having the duty to deal with something*

- **Show Up** – Practice, games, volunteer, other scheduled events, etc.
- **Communicate** - problems, concerns, ideas, & joys
  - Not able to make training or game; must communicate with coach
  - Upset or issue with coach and/or game, must wait 24 hours (cool off period)

## What if the Parent Code of Conduct is broken?

- RSC will help you find your way with gentle reminders.
- If gentle reminders do not help, then a Formal Reprimand will be issued; three Formal Reprimands in a year are grounds for suspension from RSC



# RSC Players Code of Conduct

River Soccer Club Players will always have...

**Respect-** *Positive feeling or action shown towards someone or something, admiration, high regard*

- **Show Respect** for themselves, coaches, teammates, referees, parents, opponents, and the club through their behavior and actions
- **Be Positive-** soccer will be challenging, trust our process, failure is a part of learning, & stay positive

**Integrity-** *The practice of being honest and showing a consistent and uncompromising adherence to strong moral and ethical principles and values, honor*

- **Do the right thing**, make good decisions, even when others aren't looking
- **Proudly Represent** themselves, the team, their parents, and the club

**Vigor-** *Strong, healthy, robust effort, and full of energy*

- **Always Work Hard** during practice, games, and off the field; "never ever give up" attitude
- **Stay Healthy:**
  - **Prevent Injuries** by proper warm-up, rest, recovery, & strength training
  - **Nutritious Diet**, food = energy well balanced meals, hydrate
  - **Sleep-** 8 hours on a regular schedule, improves mood, energy, focus, & decision making
  - **Dress Appropriately-** heat, cold, rain, & wind
  - **Active Lifestyle-** Play other sports, prevents overuse injuries, mental burnout, helps develop coordination, speed agility, & strength

**Enjoyment-** *The action or condition of getting satisfaction from something*

- Must **love and be passionate for the game** and getting better at soccer
- Contributes to an enjoyable playing culture
- **Intrinsically motivated** players are the best soccer players

**Responsibility -** *The state or fact of being accountable and having the duty to deal with something*

- Take **Ownership of your own Player Development-** work at home, compete with oneself
- **Show Up-** must all attend practices and games, communicate with coach if unavailable
- **Take of Care Our Facility-** move goals off the field, pick up trash,
- **Player Equipment**
  - **Uniforms**
  - Water, Shin-guards, **Own Soccer Ball-** quality with air; soccer player's best friend, bring to every practice (Size 3: U8 & Younger; Size 4: U9-U12; Size 5: U13 & Older)

## What if the Player Code of Conduct is broken?

- Your coach and RSC staff will give you gentle reminders to get you back on track. If gentle reminders do not help you back on to the road to success, a Formal Reprimand will be issued; three Formal Reprimands and you can be suspended.

# Game Formats & Rules

## U5 Hoppers & U6 Kickers

- Clinic Style: Players will be grouped and rotated through stations. Each station will have a developmentally appropriate training activity game. Parent participation is highly encouraged.

## U8

- 6v6 (5v5 + GKs)                      Ball: Size 3
- Field Size: 35x25 yards
- Game Duration: 4x 10-minute quarters with 5 minute breaks
- Build Out Line: When the goalkeeper has possession of the ball or it's a goal kick, the opposing team must stand behind midfield line until the ball is played.
- No Heading, No Offsides
- FIFA Laws of the Game, plus the modified rules stated above

## U10

- 7v7 (6v6 + GKs)                      Ball: Size 4
- Field Size: 65x45 yards
- Game Duration: 2x 25-minute halves with 5-minute halftime
- Build Out Line: When the goalkeeper has possession of the ball or it's a goal kick, the opposing team must stand behind dotted build out line until the ball is played.
- No Heading
- FIFA Laws of the Game, plus the modified rules stated above

## U12

- 9v9 (8v8 + GKs)                      Ball: Size 4
- Field Size: 80x55 yards
- Game Duration: 2x 25-minute halves with 5-minute halftime
- No Heading, No Build Out Lines, Offsides rule is in affect
- FIFA Laws of the Game, plus the modified rules stated above

## U14

- 9v9 (8v8 + GKs)                      Ball: Size 5
- Field Size: 80x55 yards
- Game Duration: 2x 25-minute halves with 5-minute halftime
- Heading allowed, No Build Out Lines, Offsides rule is in affect
- FIFA Laws of the Game, plus the modified rules stated above

# How to Coach a Recreational Practice

## Practice & Game Day Themes

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Ball Manipulation (Ball Control)	Passing	Receiving (Controlling the ball from pass)	Dribbling (Attack Moves)	Turns (Escape Moves)	Striking the Ball (Shooting)

\*Weeks 7 & 8: Coaches choice of theme (review or teach new skills)

## Practice: US Soccer's Play-Practice-Play Format

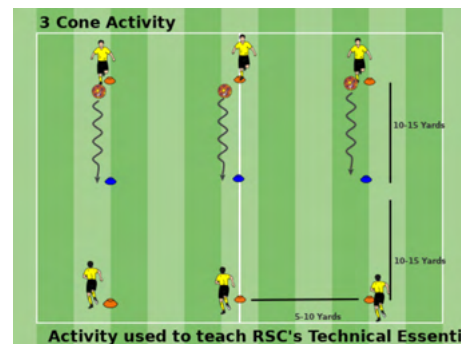
### Play

- First Stage of Practice (10-15 minutes)
- Small Sided Games to mini goals as players arrive for practice, adjust as players show up 1v1, 2v2, 3v3, 4v4s (no more than 4v4, set up multiple fields if needed)



### Practice

- Second Stage of Practice (20-30 minutes)
- RSC Technical Essentials (10 minutes)
  - Weekly Theme, 3 Cone Activity
  - See Videos on RSC's Channel Youtube
- Fun Game/Activity (10-15 minutes)
  - Find Activities based on Weekly Theme in RSC's Rec google drive folder
  - Your choice & discretion for activity, must match theme



### Play

- Last Stage of Practice (15 minutes)
- Full Scrimmage according to your age group U8 5v5; U10 7v7; U12 & U14 9v9
- Modify and adjust numbers & field as needed

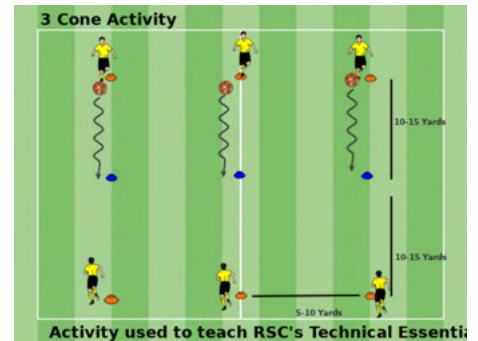
## Practice Schedule:

- Practice schedule is TBD and will be announced for the upcoming season by Rec Admin.
- Age Groups and Divisions will train on the same nights and times to encourage teams to train together for better numbers, opportunities to scrimmage, and coaches to collaborate.

## How to Coach a Recreational Game

### Warm-Up (First 30 minutes)

- RSC Technical Essentials (10 minutes)
  - Weekly Skill\Theme
  - See Videos on RSC's Channel Youtube
- Skill Game Activity (10 minutes)
  - Technical Essential Games or Other Game/Activity found in google curriculum folder



### Game Management

- Suggested Formations: Goalkeeper-Defenders-Midfielders-Forwards

U12 & U14: GK-3-4-1



U10: GK-2-3-1



U8: GK-1-3-1



\*Remember to rotate your substitutes fairly. Everyone deserves to play. Our Recreational Program is about Play, Fun, & Learning.

# Coaching Resources & Training Expectations

## Curriculum

The RSC Curriculum is a living collection of documents comprised of suggested age appropriate training session plans, training activities, and other coaching resources. RSC's Recreational Curriculum can be found through the link on our website "Coaches Corner" to a google drive folder: [Curriculum Access](#)

## RSC Technical Essentials

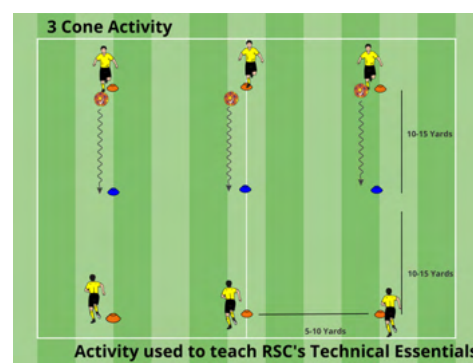
The RSC Technical Essentials are the individual fundamental "essential" skills that any soccer players needs to competently play the game. The skills are organized by skill category, age, skill name, technique coaching points, and progressions. The skills should be taught progressively over the course of a season.

Click here for the recreational coaches handout [rsc technical essentials go.pdf](#)

Click below for the RSC Technical Essentials Youtube Video Demonstrations

- [RSC Technical Essentials Introduction Video](#)
- [RSC Technical Essentials Ball Manipulation Video](#) (Week 1 Rec)
- [RSC Technical Essentials Passing & Receiving Video](#) (Week 2 & 3 Rec)
- [RSC Technical Essentials Dribbling for Penetration Video](#) (Week 4 Rec)
- [RSC Technical Essentials Turns Video](#) (Week 5 Rec)
- [RSC Technical Essentials Striking Video](#) (Week 6 Rec)

To the right is the 3 Cone Activity Set-Up (\*activity that teaches Tech Essentials)

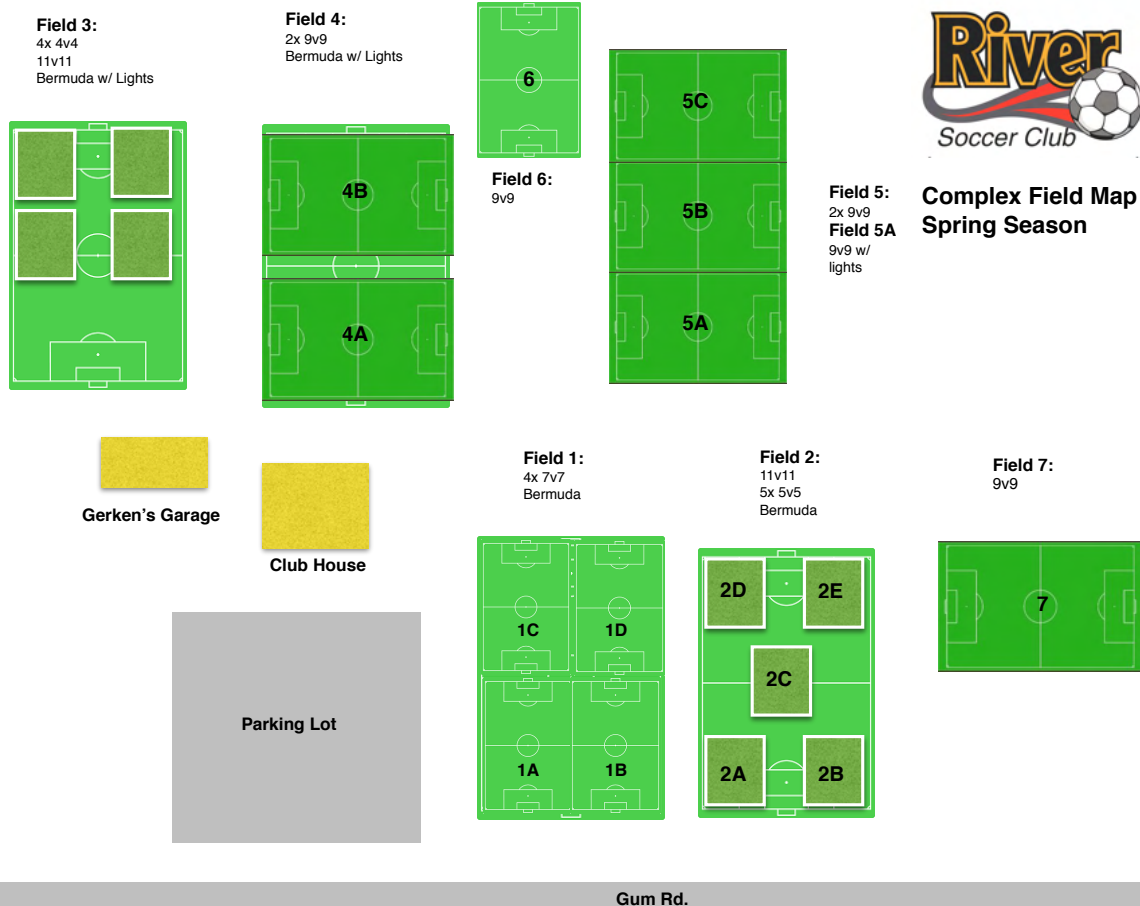


\*Links to all coaching materials found riversoccerclub.com "More, Coaches Corner"

## Training Expectations

1. Have and follow a training session plan for player development.
2. Training activities should reflect your topic
3. Coaches points should stay on topic
  - a. NO OVERCOACHING OR TALKING TOO MUCH (stoppages under 1 minute)
  - b. Players want to play, allow to game and activity be the teacher
4. Follow Code of Conduct and Coaching Expectations at all times
5. Enforce Player Expectations
6. Have ENERGY AND ENJOY YOURSELF
  - a. Our Philosophy is "Player Enjoyment"
  - b. Be the model, show enthusiasm for training and good soccer!
7. Complex & Field Management:
  - a. When finished with training or game, please clear off the field on any equipment: all goals, flags, cones, balls, trash, benches, etc...
  - b. ALL goals must be moved COMPLETELY off the fields
  - c. Goals must be placed back where they belong; see map above, each of the fields should have the appropriate set of goals
  - d. WE NEED VOLUNTEERS FOR CUTTING GRASS AND LINING FIELDS
    - i. Please encourage your parents to give back, this is an area in high need; fees will go up if we can't find volunteers
    - ii. Contact our Complex Manager, Tom Timmons Tomtimmons120@gmail.com 302-542-1504

## Complex Map



## Field Management

1. When finished with training or game, please clear off the field on any equipment: all goals, flags, cones, balls, trash, benches, etc...
  - a. ALL goals must be moved COMPLETELY off the fields
2. Be mindful of overusing certain parts of the field, rotate if possible, to different spots for activities to reduce wear and tear on the fields (i.e. Rotate where your team does their warm-up jog)
3. Goals must be placed back where they belong; see map above, each of the fields should have the appropriate set of goals
  - a. Saturday Morning Training Travel Teams- please place goals appropriately on your field for our rec program; see the map above for set up
4. WE NEED VOLUNTEERS FOR CUTTING GRASS AND LINING FIELDS
  - a. Please encourage your parents to give back, this is an area in high need; fees will go up if we can't find volunteers
  - b. Contact our Complex Manager, Tom Timmons Tomtimmons120@gmail.com 302-542-1504

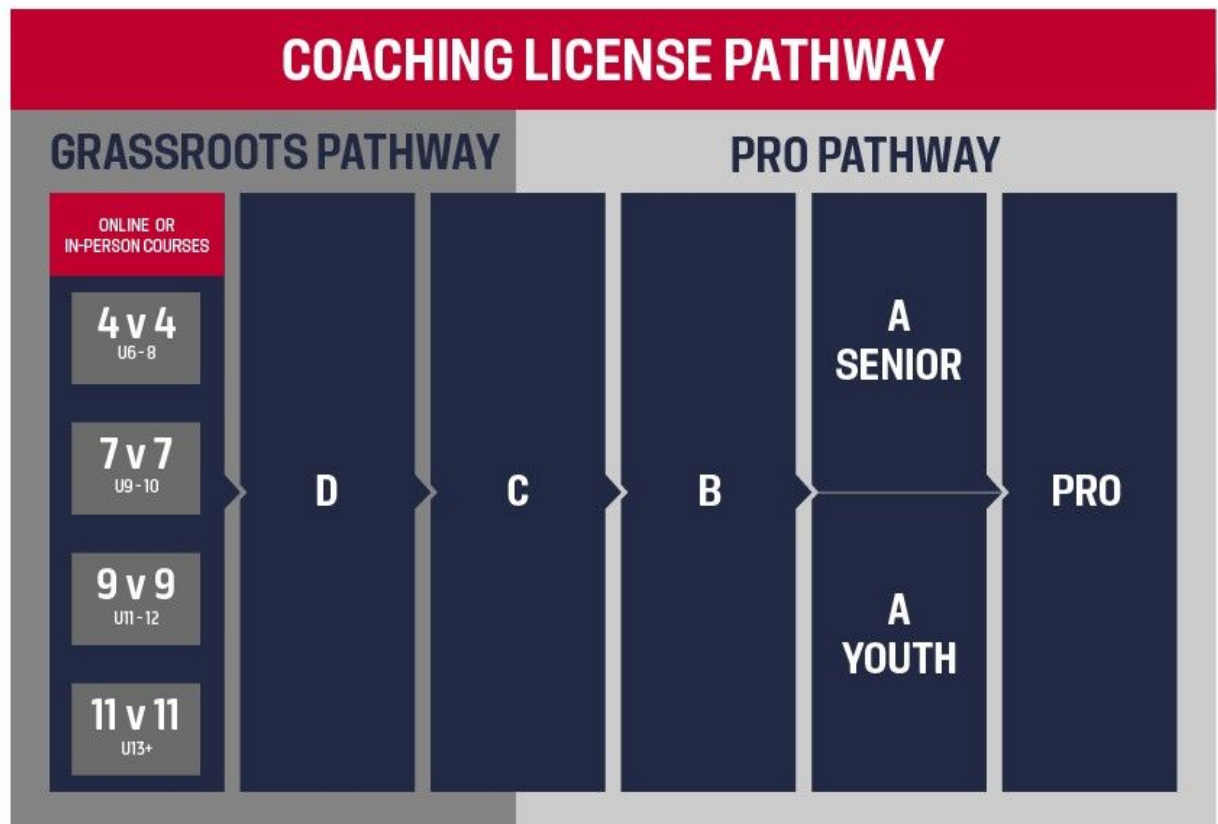
# Coaching Education

**Recreational League Player fees will be waived for any volunteer coach that has a US Soccer Grassroots License.** River Soccer Club will also support your coaching education by paying for the course. Self-improvement and a growth mindset is a pillar in RSC's philosophy not only for players, but coaches too.

- See the US Soccer Coaching License pathway below. Start with the "Grassroots" Coaching License for your team's appropriate age (4v4, 7v7, 9v9, or 11v11). This license can be completed online or in person.
- "In Person" courses will be offered once a year at RSC
- Register at [USS Digital Learning Center](#).
- RSC will pay for USS Grassroots 4v4, 7v7, 9v9, 11v11 and "D" License Courses
  - Please send your Coaching Education Invoice and proof of completion (License/Certificate) to Recreational Admin/Director and Treasurer to be reimbursed



**COACHING  
EDUCATION**







## OFFICIAL U.S. SOCCER GRASSROOTS COACHING LICENSE

Learn how to create a fun, safe, and challenging soccer environment that keeps your players engaged and hungry for more.

### START ANYWHERE - ONLINE OR IN-PERSON

Choose the course that fits your age group.

AGE	COURSE
U6 - U8	4 v 4
U9 - U10	7 v 7
U11 - U12	9 v 9
U13+	11 v 11

#### ONLINE (2 HOURS)

Learn the principles of U.S. Soccer coaching philosophy and Play-Practice-Play methodology. Get the tools you need to put the principles into action in your environment.

#### IN-PERSON (4 HOURS)

Get hands-on instruction from U.S. Soccer Coaching Experts, including live on-field demonstrations, and gain a strong foundation in U.S. Soccer Coaching Philosophy and Play-Practice-Play methodology.

Visit [dcc.ussoccer.com](http://dcc.ussoccer.com) to take our **FREE** Introduction to Grassroots Module and receive four complimentary Play-Practice-Play training sessions.



# Weather Guidelines and Player Safety

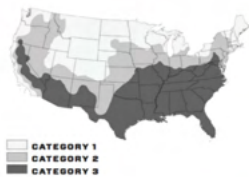
## Heat Guidelines for Practices

### STEP 1



Temp. + Humidity= WBGT Temp.  
www.weather.com

### STEP 2



### STEP 3

#### FIND YOUR ALERT LEVEL AND WORK TO REST RECOMMENDATIONS

Based on your WBGT and Regional Category determine your Alert Level and Work to Rest Recommendations using the table below.

ALERT LEVEL	WBGT BY REGION (°F)			EVENT CONDITIONS	RECOMMENDED WORK TO REST RATIOS (ACTIONS & BREAKS)
	CAT 1	CAT 2	CAT 3		
<b>BLACK</b>	>86.2°	>89.8°	>92.0°	Extreme Conditions	No Outdoor Training, delay training until cooler, or Cancel Training.
<b>RED</b>	84.2-86.1°	87.8-89.7°	90.1-91.9°	High Risk for Heat Related Illness	Maximum of 1 hour of training with 4 by 4 minute breaks within the hour. No additional conditioning allowed.
<b>ORANGE</b>	81.1-84.1°	84.7-87.7°	87.1-90.0°	Moderate Risk for Heat Related Illness	Maximum of 2 hours of training with 4 by 4 minute breaks each hour, OR a 10 minute break every 30 minutes of training.
<b>YELLOW</b>	76.3-81.0°	79.9-84.6°	82.2-87.0°	Less than Ideal Conditions	3 Separate 4 minute breaks each hour, OR a 12 minute break every 40 minutes of training
<b>GREEN</b>	<76.1°	<79.8°	<82.1°	Good Conditions	Normal Activities. 3 Separate 3 minute breaks each hour of training, OR a 10 minute break every 40 minutes

\*River Soccer Club is a category 2 region

## Lightning

- "When thunder roars, go indoors"
- Identify who is responsible for suspending activity and ways to alert
- Try to cancel or postpone before event begins
- Suspend for 30 min. after the last lightning or thunder strikes and restart clock with each reoccurrence
- **Find safety**
  - Such as building or vehicle
  - Avoid poles, towers, and trees
  - Unsafe spaces-park shelter, tent, dugout, porch, press box
- **In the event of an emergency:**
  - Ensure own safety before assisting others
  - Move injured athlete to safe location, call 911, start EAP, and assess to do CPR/use AED



## Field Closures

Complex Manager will make final decisions on field closures due field conditions. A mass email will be sent to all players, coaches, and managers through the Stack system and a message posted on the website approximately at least 2 hrs. before the scheduled event.

## Parent/Player Concussion Information Form

Delaware law requires athletes under age 18 and their parents to review and sign this sheet prior to participation in covered activities sponsored by a club, league or association. Covered activities include football, rugby, soccer, basketball, lacrosse, field or ice hockey, martial or combative sports, wrestling, volleyball, gymnastics, baseball, softball, and cheerleading. This signed form should be given to the sponsoring organization prior to participation, and, for multi-year activities, on a yearly basis.

You can get detailed information about the law at our [SCPD Website](http://SCPD.delaware.gov) at <http://SCPD.delaware.gov>.

### What is a concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. A concussion changes how the brain normally works. An athlete does not have to lose consciousness (black out) to get a concussion. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his / her head directly.

### Signs and symptoms of a concussion:

Concussions can affect children and teens differently. Below are common symptoms they might report or that might be observed. It can take days for symptoms to appear following the initial hit /fall.

Experienced by Children and Teens	Observed by Parents, Coaches, or Teammates
<ul style="list-style-type: none"> <li>• Headache or “pressure” in the head</li> <li>• Nausea or Vomiting</li> <li>• Dizziness or balance problems</li> <li>• Blurred or double vision</li> <li>• Light or noise sensitivity</li> <li>• Ringing in ears</li> <li>• Difficulty concentrating or remembering</li> <li>• Confusion</li> <li>• Feeling slowed down</li> <li>• Feeling sad, irritable, or more emotional</li> <li>• Being tired, or a change in sleep</li> <li>• Just not “feeling right” or “feeling down”</li> </ul> <p><b>Younger children may not be able to report symptoms, and so decisions should be based on adult observation.</b></p>	<ul style="list-style-type: none"> <li>• Loss of consciousness</li> <li>• Appears dazed or confused</li> <li>• Responds slowly / answers questions slowly</li> <li>• Change in behavior, mood, or personality, including irritability or aggressive</li> <li>• Can’t recall events prior to or after the hit/fall</li> <li>• Loses focus on current activities</li> <li>• Moves clumsily/ Appears off balance</li> <li>• Slurred speech</li> <li>• Is more restless or appears more tired than usual</li> <li>• Change in sleep pattern</li> </ul>

## What should happen if my child/teen might have a concussion?

The athlete must leave the game, practice or activity **immediately**. **This is Delaware law and is in place to protect your child.** They should not re-enter play **until seen and evaluated by a physician**. When in doubt, the athlete sits out. Remember, it is better to miss one game than to miss the whole season. If an athlete continues to play when he or she might have a concussion, there could be serious medical consequences, even death (Second Impact Syndrome). Also, if a concussion has occurred or is suspected the CDC advises that you ask your (child's/teen's) health care provider when they can safely return to other activities, e.g. school, drive a car and/or ride a bike.

Athletes should not be left alone. Concussions can have a more serious effect on the young, developing brain-whose development extends into young adulthood. Be aware that sometimes athletes try to hide their symptoms so that they can stay in play. Have your child seen by a physician, even if symptoms resolve. Do not try to judge the severity of the injury yourself.

## To return to play:

**Delaware law requires that your child be seen and given medical clearance by a physician before return to play.** Your physician may either complete a form or supply a letter certifying clearance. Provide the form or letter to the sponsoring organization. If the physician limits school-related activities like classwork, driver's education, gym and recess, you may wish to share the form or letter with the athlete's school.

## Additional websites:

If you have additional questions regarding concussion or concussion management, we recommend the following websites:

[CDC Headsup Website](#)

[CDC Concussion Information Moms Team Concussion Safety Brainline Organization](#)

I affirm: (1) I have read the above information; and (2) if the athlete could not independently read it due to reading ability, I have shared its key points with the athlete.

\_\_\_\_\_  
Parent/Guardian signature Parent/guardian printed name Date

I affirm: that I have read the above information or been told its key points by my parent/guardian.

\_\_\_\_\_  
signature Athlete printed name Date Athlete

\* We recommend printing and keeping a copy of this form for your records.



## RIVER SOCCER CLUB

32221 GUM ROAD FRANKFORD DE. 19945

### INJURY REPORT

One must be completed whenever there is an injury that requires medical attention.

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP CODE \_\_\_\_\_

Phone #: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Team Name: \_\_\_\_\_ AGE Group: \_\_\_\_\_

What Player/Coach's Pass were used at this event?

Sanctioning body: \_\_\_\_\_ Number: \_\_\_\_\_

Is the injured person a: Player \_\_\_\_\_ Coach/Asst. Coach \_\_\_\_\_ Other \_\_\_\_\_

DATE OF INJURY: \_\_\_\_\_ Did the Injury occur during: Game: \_\_\_\_\_ Practice: \_\_\_\_\_

Tournament Play: \_\_\_\_\_ Indoor or Outdoor: \_\_\_\_\_

Sanctioned/Sponsored Activity: \_\_\_\_\_ Travel directly to or from activity premises \_\_\_\_\_

Name of the Field or Facility where the injury occurred: \_\_\_\_\_

Nature of the injury: \_\_\_\_\_

How did the injury occur: \_\_\_\_\_

Does the injured person have primary insurance: YES \_\_\_\_\_ NO \_\_\_\_\_

Coach: \_\_\_\_\_ Phone # \_\_\_\_\_

Signature of Coach: \_\_\_\_\_ Date: \_\_\_\_\_

Please be advised that some injuries may require a medical release before the injured party may resume play. River Soccer Club reserves the right to request a medical release for any injury requiring medical attention.

Received By: \_\_\_\_\_ Date: \_\_\_\_\_

# Thank You

River Soccer Club would not exist with our coaches. Thank you for giving your time and energy to give back to our soccer community at River Soccer Club. We, the players, and families greatly appreciate your service and dedication to providing a fun and learning soccer environment. Coaches truly make a difference. Good luck and have a great season!

