



# STELLA ROSSA FOOTBALL CLUB

## Concussion Protocol

### 1. Purpose

To ensure the safety, health, and long-term wellbeing of all players, SRFC implements a structured concussion management protocol in alignment with Canadian Sport Medicine Council guidelines, Return-to-Play standards, and Safe Sport principles.

### 2. Education & Awareness

- All coaches, staff, and parents receive annual education on concussion signs, symptoms, and proper response.
- Players are educated on recognizing symptoms, reporting head impacts, and the importance of reporting even mild injuries.
- Reference materials (posters, handouts, and online resources) are available at all training venues.

### 3. Pre-Participation Baseline Screening

- All U13+ players undergo baseline concussion testing using SCAT5.
- Player health forms include concussion history and any previous neurological injuries.
- Results are confidentially stored in the club's secure athlete management system.

### 4. Recognition & Immediate Response

- Any suspected concussion (from training, match, or other activity) triggers immediate removal from play.
- The designated first aid/medical personnel assess the player using the SCAT5 or other standardized assessment tools.
- The player is not allowed to return to play the same day, regardless of symptom resolution.

### 5. Medical Assessment

- Players with suspected concussions are referred to a licensed medical professional (physician or sport medicine clinician) for formal diagnosis.



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- SRFC maintains a referral network for concussion specialists and sport medicine clinics.
- Medical clearance is required before returning to training or competition.

## 6. Graduated Return-to-Play (RTP) Protocol

SRFC follows a stepwise approach, aligned with Canadian guidelines:

| Step | Activity                           | Goal / Criteria  |
|------|------------------------------------|--|
| 0    | <b>Complete Rest</b>               | Symptom resolution at rest; no school/work limitations                       |
| 1    | <b>Light Aerobic Exercise</b>      | Walking, stationary cycling; no resistance training; symptom-free            |
| 2    | <b>Sport-Specific Activity</b>     | Running drills in soccer; no head impact activities; symptom-free            |
| 3    | <b>Non-Contact Training Drills</b> | Increased intensity, may add resistance training; supervised                 |
| 4    | <b>Full Contact Practice</b>       | Only after medical clearance; monitored by coach/therapist                   |
| 5    | <b>Return to Competition</b>       | Full training and match play after step 4 completion and physician clearance |

Progression Criteria:

- Minimum 24 hours per step; if symptoms return, player reverts to previous step.
- All progression is documented and signed off by club medical staff or Active Living + clinician.

## 7. Monitoring & Documentation

- All concussions are logged in the club's secure database, including:
  - Date and mechanism of injury
  - Initial assessment findings
  - Steps of RTP progression
  - Medical clearance documentation
- Coaches and technical staff are notified of restrictions and modifications.

## 8. Communication

- Parents/guardians are immediately notified of any suspected concussion.



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- Updates on the player's status, RTP progress, and restrictions are communicated by medical staff or team physician.
- Players are encouraged to report any new or recurring symptoms immediately.

## 9. Prevention

- SRFC incorporates:
  - Dynamic warmups and prehab exercises to improve neck strength and reduce risk
  - Education sessions on safe heading techniques
  - Safe play rules reinforced in training and matches