

S.S.U.F.C

Return to Play Procedures

<p>Stage 0: Initial rest period/Brain rest 24-48 hours before beginning return to play procedures</p> <ul style="list-style-type: none"> Players and parent/guardian will have mandatory concussion education before returning to play Player Safety Form should be submitted by coaching staff via info@ssunitedfc.com 	<p>Initial Completed Player & Parent/ Guardian</p>
<p>Stage 1: Symptom limited activity</p> <ul style="list-style-type: none"> Conserve your brain and body's energy (limit screen time) Student doesn't attend school daily activities that don't provoke symptoms 	
<p>Stage *Return to Learn/School - The Club recognizes children are "students first" and "athletes" second. Teacher/School should be made aware of injury.</p>	
<p>Stage 2: Light aerobic exercises 10-15min</p> <ul style="list-style-type: none"> walking stationary biking treadmill swimming no resistance training, weight lifting, jumping or hard running. NO head impact activities <p>Stage 3: Soccer Specific 20-30min</p> <ul style="list-style-type: none"> off the field, increase intensity 50-60% duration of cardio moderate aerobic activity NO CONTACT <p>Stage 4: Modified On-Field Practice/Non-Contact Training 30min</p> <ul style="list-style-type: none"> 1 on 1 modified training with coach/teammate dribbling, passing, and shooting safe environment/must be supervised training (yellow pinnie) NO CONTACT, no body contact, heading drills etc 	
<p>Medical Assessment/Clearance required before proceeding to Stage 5 & 6</p>	
<p>Player Name: _____ Player Signature: _____ Parent/Guardian Name: _____ Parent/Guardian Signature: _____ Medical Assessment Date: _____ Medical Professional _____ Signature _____</p> <p>Family Physician Pediatrician Sports Medicine Physician Neurologist Physiatrist GP/ER Nurse Practitioner Other <i>{Please circle}</i></p>	
<p>Stage 5: On-Field Practice</p> <ul style="list-style-type: none"> normal training activities participate in full practice Contact, Scrimmage, Tackling 	
<p>Stage 6: Return to game play</p>	
<p>Notes</p> <p>A) Each Stage must take a minimum 24hrs symptom free</p> <p>B) If symptoms come back (ex; headache, feeling sick, dizzy, vision issues, sensitivity to light) either with activity, or later that day player should STOP IMMEDIATELY & REST until symptoms have resolve, for minimum of 24hrs, then return to the previous step.</p> <p>C) Concussion Resources can be found on The Clubs website</p>	

