



## Policy for the management of concussion and head injury in football

As of June 1, 2010, all Football BC Member Associations, Clubs and Schools will be required to provide the following information to all athletes and their parents or guardians:

All coaches will be required to participate in a yearly education program prior to the season and must ensure the following requirements are fulfilled during the season:

- 1) An informed consent must be signed annually by parents and youth athletes acknowledging the risk of head injury prior to practice or competition;
- 2) An athlete who is suspected of sustaining a concussion or head injury must be removed from play – “when in doubt, sit them out”; and
- 3) An athlete who has been removed from play **must receive written clearance from a licensed medical doctor prior to returning to play.**

Football BC, in partnership with ThinkFirst Canada has developed guidelines, pertinent information and forms to inform and educate coaches, youth athletes, and their parent(s)/guardian(s) of the nature and risk of concussion and head injury including the risks of continuing to play after concussion or head injury. Each member association and club will work in concert with Football BC and ThinkFirst Canada to disseminate these materials and ensure all members understand and comply with the new policy.

### What is needed to be in compliance?

#### All Football BC Member Associations, Clubs, and Schools:

- Shall adopt policies for the management of concussion and head injuries in youth football;
- Shall ensure that all coaches (paid or volunteer) are educated in the nature and risk of concussions or head injuries prior to the first practice/competition (including education in the signs and symptoms of concussions/brain injuries);
- Shall annually require all players and the parent(s) and/or guardian(s) of those players to sign and return an informed consent form relating to the nature and risk of concussion or head injury (this information sheet shall include the signs and symptoms of concussions/brain injuries); and
- Shall ensure that any player showing signs or symptoms of a concussion or brain injury is removed from participation/competition immediately and not allowed to return to play until they have written clearance from a licensed medical doctor.

**Football BC on the Internet:** <http://www.playfootball.bc.ca>

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#### **COACHES:**

- Shall be educated as to the nature and risk of concussions and head injuries including the risks of continuing to play after concussion or head injury (including education in the signs and symptoms of concussions/brain injuries);
- Shall educate their athletes on the signs and symptoms of concussions and encourage athletes to notify a coach or trainer immediately if they or a teammate exhibits those signs or symptoms;
- Shall immediately remove from participation/competition any athlete who is suspected of sustaining a concussion or head injury; and
- Shall not allow an athlete who has been removed from play because of a suspected concussion/brain injury to return to play until the athlete has received written clearance from a licensed medical doctor.

#### **PARENTS/GUARDIANS:**

- Shall annually review, sign and return to the Football BC via their child's Association, Club, or School an informed consent form on concussions and head injuries prior to the athlete's initiating practice or competition.

#### **ATHLETES:**

- Shall annually review, sign and return to the Football BC via their child's Association, Club, or School an informed consent form on concussions and head injuries prior to the athlete's initiating practice or competition; and
- Shall notify immediately a coach if they or a teammate exhibit signs or symptoms of a concussion/brain injury.

## **Definitions**

**Licensed Medical Doctor** is a medical doctor licensed by the College of Physicians and Surgeons of B.C. For more information, contact (604) 733-7758 or visit [www.cfpc.ca](http://www.cfpc.ca).

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