



United Valley Soccer Association

938 Center Street, Hawthorn, PA 16230

P.O. Box 250, Hawthorn, PA 16230

www.unitedvalleysoccer.com



SAY National Concussion Policy

The SAY National Concussion Policy consists of two very distinct procedures. This policy is required for ALL coaches and officials regardless of their age and/or status (i.e. Head coach, Assistant Coach, Head Referee, Assistant Referee, etc.). These procedures are designed to comply with recently passed legislation concerning concussion in youth sports. It will be necessary to complete a concussion training course every three (3) years.

STEP 1: The first portion of the SAY National Concussion policy is the taking of a **FREE** online training course. ALL coaches and referees **MUST** complete this training course prior to participating in the any SAY activity whether it be a practice or a game situation.

There are two approved options for the **FREE** online training program consists of two approved options, either of which is acceptable:

The **FIRST APPROVED OPTION** is provided by the National Federation of State High School Associations Concussion in Sports – What You Need to Know, which can be found at <http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000>. This online course will require you to click on the "order here" button to begin the training. It will ask you to complete a brief registration form prior to beginning the course, which is solely for the purpose of registering you in their data base as having successfully completed the online material. After you have completed this course you will be given the option to print out a personalized certificate of completion (It is suggested that this certificate be printed out in pdf format, otherwise your name may not appear on this certificate).

The **SECOND APPROVED OPTION** is through the Center for Disease Control and their Prevention Heads Up Concussion in Youth Sports Online training program, which is at http://www.cdc.gov/concussion/HeadsUp/online_training.html. Click on the online training course button to begin your training. After successfully completing the on-line training, you will be offered an opportunity to print out a personalized "certificate of completion". FYI - this option does not keep a record of your completing this training.

After completing either the **FIRST OR SECOND APPROVED OPTION**, you will need to print out your personalized "certificate of completion" and keep a copy with you at ALL SAY related functions (especially referees, as you may be required to show your personalized certificate to the appropriate SAY authorities prior to being allowed to officiate any games).

STEP 2: The second portion of the SAY National Concussion policy is the Removal-From and Return-to-Play procedure. Any athlete exhibiting signs and symptoms of concussion either during a practice or during a game **MUST** be immediately removed. This athlete **MAY NOT** return to play nor participate in any SAY activity on the same day that he or she has been removed (even if a written medical clearance is provided).

In addition, the athlete is not permitted to return to play or participate in any SAY activity until he or she has been assessed and received written clearance by a physician or by another licensed health care provider. A Return-to-Play form must be submitted to the coach prior to allowing the athlete to participate in any activity with the athlete's team, whether it be a practice or a game situation.