

AFMO Policy for the Management of Concussion and Head Injuries

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.**

What is needed to be in compliance?

All AFMO Clubs and Teams:

- 1) Shall adopt policies for the management of concussion and head injuries in youth football;
- 2) Shall ensure that all coaches 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);
- 3) 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
- 4) 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.

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.

Parent/Guardians:

- Shall annually review, sign and return to AFMO via their child's Team 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 AFMO via their Team 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.