

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

In order to provide the players and their parents/guardians with assurance, please read below to understand what's expected of coaches, trainers and other members of Football BC when it comes to concussion and head injury.

***Football BC will not defend any association, director or coach who knowingly ignores our concussion policy.***

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

All coaches are 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 Parachute (formerly 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 Parachute 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.**

### **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);
- Must complete the “Making Head Way in Football” eLearning course available at <http://www.coach.ca>
- 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;

## What is needed to be in compliance continued ...

### COACHES cont'd:

- 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 Association, Club or School an informed consent form on concussions and head injuries prior to 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 physician with an M.D. or equivalent degree or training that is licensed by the College of Physicians and Surgeons of B.C. For more information, contact (604) 733-7758 or visit <https://www.cpsbc.ca>

### Online Resources:

The following documents can be found at [www.playfootball.bc.ca/pages/concussion](http://www.playfootball.bc.ca/pages/concussion)

- Concussion Information Sheet for Athletes
- Concussion Information Sheet for Coaches
- Concussion Information Sheet for Parents
- Football BC Concussion Parent-Athlete Consent Form
- Concussion Information Card (developed by ThinkFirst Canada)

[www.playfootball.bc.ca](http://www.playfootball.bc.ca)

Phone: 604.677.1025

Office Address: #222 – 6939 Hastings, Burnaby, BC

[facebook.com/footballbc](https://www.facebook.com/footballbc) | [twitter.com/football\\_bc](https://twitter.com/football_bc)

I have read the rules and guidelines for the concussion protocol. I will notify my Coach and/or Trainer if I experience a concussion and will follow all the advice as given by a medical doctor. I will NOT engage in further practices or games until such time as I am deemed concussion free by medical standards.

---

Signature of **Player**

Date

---

Signature of **Parent/Guardian**

Date



**PARENT AND PLAYER CONSENT FORM:**

While the Spartans Canadian Football Association of BC (a.k.a. SCFA and/or Spartans Football) and its directors, coaches and volunteers make every effort to make Canadian style tackle football as safe as possible you must recognize that it is a contact sport and that your child may incur an injury(s). We make every effort to ensure all gear is checked to ensure that players are protected. Injuries may arise from many causes including, but not limited to the following:

- Player to player contact (including blocking and tackling)
- Contact with the ground
- Contact with the ball
- Tripping and falling
- Slipping and falling
- Collision with practice equipment such as tackling sleds and dummies
- Collision with field equipment such as goal posts, down boxes or measurement chain
- Collision with game officials, coaches, managers or other on field volunteers
- Accidents while traveling by public or chartered transportation providers

Accidents can be the result of nature of the activity and can occur with or without any fault on either the part of the player, the coaches or Spartans Football and its board of directors, or the facility where the activity is taking place. By allowing your son/daughter to participate in this activity, you are accepting the risk of an accident occurring, and agree that this activity, as described above, is suitable for your child.

I give (name of player) \_\_\_\_\_ permission to participate in any event sponsored or approved by the Spartans Football Association. I understand that my child may be exposed to certain risks while participating in this activity. Accidents and injuries may occur.

---

Signature of **Parent/Guardian**

Date

---

Printed name of Parent/Guardian

---

Signature of **Player**

Date

---

Printed name of Player