



Concussion Protocol Policy

As we continue to learn more about the dangers of concussions in young athletes, Bryst asks all coaches, referees, parents, and participants to be aware of the dangers and use the below tools to determine the best course of action in case of a potential concussion.

These tools have been provided by Ontario Soccer. For more information, see their complete resources available at <http://www.ontariosoccer.net/player/sports-medicine/concussions>.

Because it can be difficult to recognize the signs of concussion, we ask that the below protocol be followed in the event of any head injury. Bryst teams are asked to set up an Emergency Action Plan to be prepared to deal with an emergency would it arise at the field.

1. Use the appropriate Sport Concussion Assessment Tool (SCAT) below to assess the level of injury, and
2. Apply the Return to Play (RTP) procedure as outlined below, with the SCAT assessment to determine when the player is asymptomatic and can move to the next step.

SCAT

<https://cattonline.com/scat/>

Coaches are strongly recommended to familiarize themselves with the SCAT. The link is attached below and will be communicated to coaches, parents at the beginning of each season.

A Bryst incident report should be completed on-site and returned to the club for any serious injury which occurs during a Bryst event.

Bryst Incident Report (Resources Section Website)