



RECOGNIZE TO  
RECOVER

# CONCUSSION MANAGEMENT EMERGENCY ACTION PLAN

## WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

### Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

## REMOVE, EVALUATE, AND REST

These three steps are key to treating a concussion or other head injury in soccer. When a concussion is identified quickly, it prevents the injury from getting worse, and prevents the player from staying off the field for even longer.

### 1 | REMOVE

An athlete who experiences a blow to the head or body should immediately be removed from play and should not return to play until he/she is evaluated. When in doubt, the athlete should sit out.

### 2 | EVALUATE

Have a health care professional evaluate the athlete immediately. Do not try to judge the severity of the injury yourself.

### 3 | REST

Never rush a return to play. A return to play should only occur after an athlete has been cleared by a medical professional. If you rush the return, a player is at significantly higher risk for more problems in the future.