



NORTHERN VIRGINIA ALLIANCE CONCUSSION INFORMATION

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INTRO

Here you can find everything you need to know about the NVA's Concussion Management, Education and Reporting protocols, as mandated by the [Virginia Youth Soccer Association](#), to achieve the following objectives:

1. Reduce concussion risks for participants;
2. Increase awareness among coaches and families of concussion risks and effects, and proper management of concussion; and
3. Comply with Virginia State Laws regarding policies and procedures for concussion management in youth athletes.

WHAT IS A CONCUSSION?

Concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth, literally causing the brain to bounce around or twist within the skull. This sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain.

Signs and symptoms of a concussion include:

SYMPTOMS REPORTED BY ATHLETE

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or “feeling down”

SYMPTOMS OBSERVED BY COACHING STAFF

- 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 mood, behavior, or personality changes
- Can't recall events prior to hit or fall

Watch US Soccer's Recognize to Recover Video – [CLICK HERE](#)

Proper concussion management is the law, requiring the education of coaches, parents, and athletes; removal from play of any athlete suspected of having sustained a concussion; and requiring written authorization from a licensed health care provider before the athlete can return to play.



CONCUSSION INFORMATION AND POLICIES FOR COACHES (MANDATORY)

[Concussion Fact Sheet for Coaches](#)

[Online Concussion Training for Coaches](#) (strongly recommended)

Northern Virginia Alliance Concussion Management and Reporting Policy

When a coach and/or team official suspects a concussion event (**either witnessed by or reported to a coach and/or team official**), the coach/team official MUST take the following steps;

1. The player shall be removed from play for evaluation.
2. The player shall be barred from further participation that day. The VYSA policy regarding concussion is "When In Doubt, Sit It Out."
3. A coach, team official, Club representative, trainer or medical professional must evaluate and report the player's condition by completing a doctor's note, indicating the date the player can be cleared to play.
4. The player may return to athletic activity only when a licensed healthcare provider has provided written clearance for the player. Such notification can be provided by emailing the clearance form to info@nvasoccer.com, or by mail to NVA c/o Loudoun Soccer, ATTN: Concussion Reporting, 19798 Sycolin Road, Leesburg, VA 20175. Records of these medical clearances will be maintained for no less than seven (7) years.

CONCUSSION INFORMATION AND POLICIES FOR PLAYERS & PARENTS

[CDC Concussion Fact Sheet for Parents](#)

[CDC Concussion Information Sheet – TAKE THE QUIZ!](#)

Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

What Should You Do If You Think Your Child Has a Concussion?

1. **Seek Medical Attention Right Away.** A health care professional will be able to decide how serious the concussion is, and when it is safe for your child to return to regular activities, including sports.



2. **Keep Your Child Out of Play.** Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon – while the brain is still healing – risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.