



## **Important Information: Head Injury Protocol and Safety**

### **Why You Received This Notice**

Your child was removed from a recent SOCAL soccer game due to a suspected head injury. This action is taken with the utmost concern for their health and safety. Please review the following information to understand the necessary steps moving forward.

### **Understanding Head Injuries**

Head injuries, including concussions, are serious and require immediate attention. A concussion is a type of traumatic brain injury caused by a blow to the head or body that can change the way the brain normally works. Even a seemingly minor impact can lead to significant effects.

### **Symptoms to Watch For:**

1. **Physical Symptoms:**
  - Headache or "pressure" in the head
  - Nausea or vomiting
  - Balance problems or dizziness
  - Blurred or double vision
  - Sensitivity to light or noise
2. **Cognitive Symptoms:**
  - Feeling "foggy" or slowed down
  - Difficulty concentrating or remembering
  - Confusion about recent events
3. **Emotional Symptoms:**
  - Irritability or unusual behavior
  - Sadness or anxiety
  - Feeling more emotional than usual
4. **Sleep-Related Symptoms:**
  - Drowsiness
  - Sleeping more or less than usual
  - Difficulty falling asleep

### **Next Steps:**

1. **Immediate Medical Evaluation:**
  - It's crucial that your child is seen by a healthcare professional as soon as possible. A doctor can assess the severity of the injury and determine the appropriate care.

2. **Rest and Recovery:**

- Ensure your child rests both physically and mentally. This includes limiting activities that require concentration and avoiding sports or vigorous activities until cleared by a healthcare professional.

3. **Follow-Up Care:**

- Follow the doctor's recommendations for follow-up appointments and care. Gradual return to activities, including school and sports, should be guided by medical advice.

4. **Communication with the Team:**

- Keep the coach and team informed about your child's condition and progress. They need to be aware of the situation to ensure your child's safety during their recovery.

### **Returning to Play:**

Your child must be cleared by a healthcare professional before returning to sports. Returning too soon can increase the risk of another injury, which could have long-term effects.

The "[Return-to-Play](#)" protocol is a step-by-step process that gradually reintroduces physical activity. **After a concussion, an athlete should only return to sports practices with the approval and under the supervision of their healthcare provider.**

### **How to clear a player to return to play:**

To ensure a player's return to match play, the **Club** must submit medical clearance to the SOCAL Soccer League. This clearance must be provided by a Licensed Health Care Provider on their official letterhead or a note stamped with the provider's name, address, and phone number. The medical clearance must clearly state that the player is approved for a full and unconditional return to play. The report must be sent to [headinjuryreports@socalsoccerleague.org](mailto:headinjuryreports@socalsoccerleague.org)

### **Safety is Our Top Priority**

We prioritize the health and well-being of all our players. Your child's safety comes first, and we are committed to supporting you through this process. Please don't hesitate to reach out if you have any questions or need further guidance.

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### **Additional Resources:**

[Concussion Information Sheet](#)

[Fact Sheet for Coaches](#)

[Fact Sheet for Parents](#)

[Fact Sheet for Athletes \(Age 11-13\)](#)

[Fact Sheet for Athletes \(Age 14-18\)](#)

VIDEO: [Concussions in Soccer - US Club](#)

For more information and support visit: [HEADS UP | CDC](#)