



## Player Concussion Advisory

Over the past few years the medical and sport communities have become increasingly aware of the effect head trauma has on the adolescent brain. Commonly known as a concussion, it's characterized by an impairment of the brain's normal function which can be caused by the shaking or jarring of the brain. Not every bump or blow to the head will cause a concussion, however concern over our player's safety is Mustang Soccer League's primary focus. More can be read about concussions and symptoms here: <http://www.cdc.gov/concussion/HeadsUp/youth.html>

There are tools to determine if a player has a concussion. Most medical professionals agree that a baseline [ImPACT](http://www.1to1pediatrics.com/concussion.html) (Immediate Post-Concussion Assessment and Cognitive Testing - <http://www.1to1pediatrics.com/concussion.html> ) test is one of the best available. This neurocognitive tool is computer based and evaluates an individual's visual and verbal memory, processing speed and reaction time in a pre-concussion state and can be used for comparison purposes after players experience a type of head trauma.

Mustang Soccer League is encouraging all players to consider investing 30 minutes to undergo a Baseline ImPACT Test. While there are many facilities in the Bay Area to complete this baseline test, the test is available locally and administered through a partnership with 1 to 1 Pediatrics and Andrew L. Nash MD., located in Danville. Dr. Nash is the only Credentialed ImPACT Consultant in Danville and is offering the Baseline ImPACT Test to all Mustang Soccer League players at a discounted rate of \$40.00.

Dr. Nash can interpret the test for your athlete if the athlete is injured or Dr. Nash will forward the ImPACT test to the doctor of your choice for interpretation. If the test is forwarded, it needs to go to a doctor credentialed in the ImPACT test process and the return to play guidelines necessary to get players back to the field in a safe and appropriate manner.

You can read more about Dr. Nash, his practice, and the ImPACT test via Dr. Nash's [website](#). If you are interested in making an appointment for your son or daughter to take their baseline test, please contact Dr. Nash's office directly at [925-362-1861](tel:925-362-1861).

# Concussion Protocol for Mustang Soccer Coaches

Following is the protocol for any suspected or observed head injury of a player during Mustang soccer games or trainings. This protocol should ensure the proper attention necessary for all players head injuries.

- **Players Annual ImPACT baseline testing:**

It is recommended that all Mustang soccer players 9 years old and above engage in annual baseline testing with the ImPACT test. (Immediate Post-Concussion Assessment and Cognitive Testing).

This neurocognitive tool is computer based and evaluates an individual's visual and verbal memory, processing speed and reaction time in a pre-concussion state and can be used for comparison purposes after players experience a type of head trauma.

- **Smartphone Concussion Assessment Tool**

Coaches (or team designee) should download a smartphone app designed to help record symptoms of a player who gets injured.

ImCat focuses on players with concussions and provides an adult with the means to record symptoms displayed by a player after a head trauma.

If coaches are unable to use one of these Apps, they should record any and all symptoms observed manually.

- **Medical Assessment:**

It is the recommendation of the Mustang Soccer League that any player with an observed or suspected head injury be examined by a medical doctor.

- **Return to Play:**

Any player with a head injury under the care of a medical doctor must provide record of medical clearance from a medical doctor prior to participating in soccer activities again.

- **Incident report:**

Coaches or referees need to fill out an incident report with regard to a head injury incident involving a player.