



# ALBUQUERQUE UNITED FOOTBALL CLUB

## Albuquerque United Football Club Concussion Management Policy

1. Each head coach will complete the Center for Disease Control's (CDC) 'Heads Up, Concussion in Youth Sports' online training program on an annual basis.  
See <http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>
2. The club has adopted all elements of the CDC concussion training program with regards to the identification of head injuries that could lead to a concussion, the response to those injuries and the appropriate protocol for returning players to activity.  
See [www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)
3. Keep a copy of the Heads Up Concussion in your Coaches Handbook with you at all times during training and matches. See [http://www.cdc.gov/concussion/pdf/clipboard\\_Eng.pdf](http://www.cdc.gov/concussion/pdf/clipboard_Eng.pdf)
4. Any member of the club who is suspected of sustaining a concussion or head injury must be immediately removed from and not allowed to return to play. When in doubt, keep athlete out of play.
5. Ensure that the athlete is evaluated right away by an appropriate health care professional. These include Medical Doctors (MD), Doctor of Osteopathy (DO), Advanced Registered Nurse Practitioners (ARNP), Physicians Assistants (PA) and Licensed Certified Athletic Trainers (ATC).
6. Inform the athlete's parents or guardians about the concussion and give them the fact sheet on concussions. See [http://www.cdc.gov/concussion/pdf/parents\\_Eng.pdf](http://www.cdc.gov/concussion/pdf/parents_Eng.pdf)
7. Allow the athlete to return to play only with written permission from a health care professional. After the player has received written clearance from a health care professional to return to activity. Utilize the gradual return to activity process described in the CDC training program.
8. Based on recent research related to the effects of repeated intentional heading, the club restricts heading training within practices to the ages of U10 and above. In addition, heading training at the age of U10 should be limited to the use of soft regulation soccer balls (e.g. Nerf, Beach, tennis, etc.). This is not intended to restrict heading that occurs naturally within a training session or match.

