

United Soccer League of New Jersey (USL)

Concussion Awareness and Prevention Policy

Objective: To enhance the awareness of USL managers, coaches, and players with respect to recognizing the occurrence and hazards of concussions; as well as the recommended treatment measures.

Actions: 1) All USL managers are required to complete the online training course, Head's Up Concussion in Youth Sports (web site:

http://www.cdc.gov/concussion/HeadsUp/online_training.html). The object of such review/training being that USL managers understand basic concussion facts including: what a concussion is and how it may happen; what are symptoms of a concussion; steps to follow for those recovering from a concussion. Documentation of successful completion of this online training is supplied to the USL.

2) USL managers and coaches disseminate this information to their players; specifically information regarding the recognition of a concussion, concussion first aid, the ramifications of returning to play before concussions have healed, as well as the long term consequences of concussions.

3) USL managers and coaches communicate to their teams the ramifications of violent play with respect to concussions and the potential consequences with respect to concussions.