



Concussion Protocol

Concussions can be very serious, so the West Toronto United FC asks all coaches, referees, parents and participants to be aware of the dangers and use the below tools to determine the best course of action in case of a potential concussion.

These tools have been provided by the Ontario Soccer. For more information, see their complete resources available at <http://www.ontariosoccer.net/player/sports-medicine/concussions>.

Concussion Protocol

Because it can be difficult to recognize the signs of concussion, we ask that the below protocol be followed in the event of any head injury.

1. Use the appropriate Sport Concussion Assessment Tool (SCAT) below to assess the level of injury, and
2. Apply the Return to Play (RTP) procedure as outlined below, with the SCAT assessment to determine when the player is asymptomatic and can move to the next step.

FIFA SCAT 3

Coaches are strongly recommended to familiarize themselves with the FIFA SCAT 3. These assessment tools will be distributed to coaches at the beginning of each season, and copies will also be available at the snack bar during regular play. Consider downloading a SCAT 3 app to your mobile device to always have it handy.

[Click for Head Injury Report Form Child SCAT 3](#)
[Click for Head Injury Report Form Adult SCAT 3](#)

Quick reference [Pocket Concussion Recognition Tool](#)



Return to Play (RTP)

There must be a minimum of 24 hours before each step is assessed, although this could be considerably longer than 24 hours. Oversight should be provided by a medical professional.

The 6 steps are as follows:

1. No activity, complete rest. Once the athlete is asymptomatic, they proceed to level two. The athlete spends, at the minimum, one day at each stage.
2. Light aerobic exercise such as walking or stationary cycling, no resistance training. Performing step two without symptoms allows the athlete to proceed to level three. If symptoms return, the athlete moves back one stage then continues.
3. Sport specific training (e.g. skating in hockey, running in football), progressive addition of resistance training at steps three or four. Performing step three without symptoms allows the athlete to proceed to level four.
4. Non-contact training drills. Performing step four without symptoms allows the athlete to proceed to level five.
5. Full contact training **after medical clearance.** Performing step five without symptoms allows the athlete to proceed to level six.
6. Game play.