



**Mind The Concussion**  
*In Youth Football*



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# JOIN THE ACTION FOR SAFER YOUTH FOOTBALL

CHECK THE TOOLKIT FOR ACCESSING RESOURCES  
CREATED BY REFORM PROJECT GROUP

**REFORM TOOLKIT**

# CLUB CONCUSSION PROTOCOL

– Ensuring safety through clear roles and procedures –

## INTRODUCTION

This club recognises that concussion is a serious injury requiring immediate action and structured recovery. This protocol outlines how we respond when a concussion is suspected, and how we support the player's safe return.

## 1. IMMEDIATE RESPONSE

If a player shows signs of a suspected concussion:

- They must be removed from play immediately
- No return to play the same day
- Emergency services must be contacted if red flags are present
- The incident must be documented

## 2. ROLES & RESPONSIBILITIES

Role	Responsibilities
<i>Coach</i>	Recognise signs, remove from play, inform parents, coordinate follow-up
<i>Referee</i>	Stop game, ensure player leaves field, support safety-first decisions
<i>Parents</i>	Observe at home, monitor recovery, communicate with school & GP
<i>Club medic</i> (if present)	Lead SCAT6, monitor, advise on RTP timeline

## 3. REFERRAL AND DOCUMENTATION

- Player referred to licensed healthcare provider
- All concussions documented in injury log
- Parents/guardians must be informed

## 4. RETURN TO SCHOOL AND SPORT

- Return to Learn precedes Return to Play
- RTP follows UEFA 6-step protocol
- Clearance required from medical professional before contact sport

## 5. EDUCATION AND PREVENTION

- All staff and volunteers receive annual concussion education
- Players and parents receive season-start information
- Posters and reminders visible in club areas



# REMEMBER THE 4 'R's

## RECOGNISE

Confused? Unsteady?  
Something not right?  
That's enough!



## REMOVE

Don't wait.  
Never allow same-day  
return to play.



## REFER

Make sure the player  
is medically assessed.  
If red flags appear — call  
emergency services.



## RTURN TO PLAY

Allow return to play only  
when cleared by a  
healthcare professional.



# CONCUSSION READINESS CHECKLIST

Use this checklist before each season - or before every game.

## PLAYER READINESS

- Players know what a concussion is
- Players feel safe to report symptoms
- Players/parents have received concussion info

## STAFF COORDINATION

- Coach and referee are aligned on protocol
- Responsibilities are clearly understood
- Emergency procedures are known by all adults present

## TOOLS AND CONTACTS

- Emergency contact list is up to date and visible
- First aid kit available and checked
- If medical staff is present: SCAT6 or AVPU tool is available

## POST-INCIDENT PLAN

- Clear process to inform parents
- Referral procedure documented
- Player will not return without medical clearance

Completed by: \_\_\_\_\_

Date: \_\_\_\_\_



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# Concussion Symptoms Check List

## Red Flags → EMERGENCY SOS

- Vomiting after the hit
- Seizure or twitching
- Neck pain or numbness
- Confusion getting worse

Use the check list when a concussion is suspected.

- Headache, Dizziness
- Nausea, Fatigue
- Feeling slowed down
- Memory problem
- Difficulty concentrating

## Attention !

- Over 90% of concussions happen → without loss of consciousness
- Symptoms can be delayed or subtle → always observe
- A hit to the body can also cause brain injury
- One hit can have serious effects better safe than sorry
- Players – especially youth – often hide symptoms



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