



**Mind The
Concussion**
In Youth Football



Co-funded by
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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

<i>Role</i>	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

R_{ECOGNISE}

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



R_{EMOVE}

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



R_{EFER}

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



R_{ETURN 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: _____

Concussion Symptoms Check List

Red Flags → EMERGENCY

- ☐ 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