

The Reform Project

Training – Coaches to Players



Co-funded by the
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A concussion is not 'just a knock'

- A concussion is a brain injury that affects how the brain works.
- It does not always involve loss of consciousness.
- Symptoms can be diverse, subtle or delayed.





Safe Football is our Priority!



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Concussion in Youth Football



Concussion in Youth Football has 3 Critical Phases



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Before/During - Readiness Checklist

Before every season and before every match, we complete the Concussion Readiness Checklist.

During the game, we use the Symptoms Checklist whenever a concussion is suspected.

This is how we manage player safety professionally — with clear steps!

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 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 !

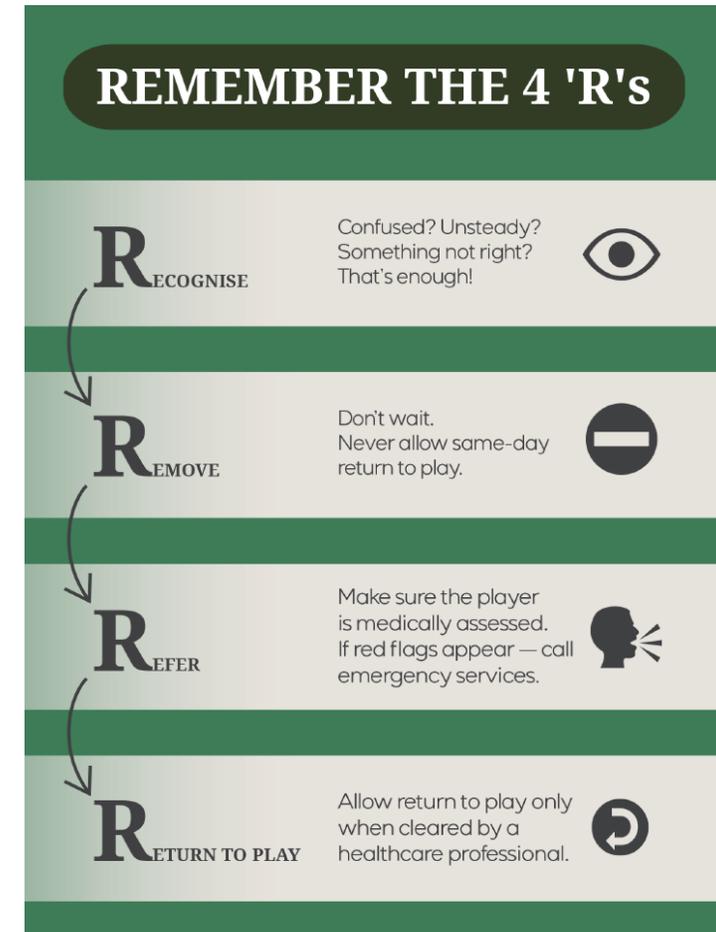
- Over 90% of concussions happen → without loss of consciousness
- Symptoms can be delayed or subtle → always observe
- A hit to the body can also cause brain injury
- One hit can have serious effects better safe than sorry
- Players – especially youth – often hide symptoms

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During - Remember the 4 R's

- **Recognise** – Confused? Unsteady? Something not right?
- **Remove** – Don't wait. No same-day return to play.
- **Refer** – Ensure medical assessment.
*If red flags appear → call emergency services.
- **Return to Play** – Only with medical clearance.

Keep the Reform Toolkit close! — so you never forget the 4 R's.





Red Flags = Emergency

Red flags include:

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

If any of these signs appear, we call for medical help right away

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After - Recovery comes first

- **A safe return is our priority.**
- **No same-day return to play.**
- **Return to learning (school) comes before return to sport.**
- **Return to play should start with light training exercises without contact.**
- **Medical clearance is required before returning to contact training, full training and competition**



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What should you do as a player?



1. Report symptoms.

Report symptoms when you feel;

- Headache
- Dizziness
- Feeling slow or confused
- Blurred vision
- “Not feeling right”

2. Accept being removed.

3. Do not pressure teammates to continue playing.





If you feel
symptoms, tell us
immediately.
In this team, we
protect each other.

THANK YOU



UiT The Arctic
University of Norway



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ACIBADEM
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HRVATSKI
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