

Saint Croix Valley Athletic Association

Concussion Policy

Purpose

Concussions are a serious concern in sports and athletic activities, and the Saint Croix Valley Athletic Association (SCVAA) is dedicated to prioritizing the health and safety of our athletes. This Concussion Policy outlines the procedures for reporting, evaluating, and returning to play following a concussion.

Reporting

- If, during SCVAA practice or play, a coach, referee, or an event's Certified Athletic Trainer evaluates an athlete and suspects that they have sustained a concussion based on recognized symptoms, the athlete must be immediately removed from participation.
- The athlete must then be evaluated by qualified medical personnel, and they must receive written clearance before returning to play.

Medical Clearance

- Athletes who have been removed from participation in a SCVAA practice or competition due to a suspected concussion may not return to sports activities until they have been medically cleared by a licensed healthcare provider who is familiar with their concussion history and recovery progress.
- The healthcare provider will provide written documentation of medical clearance, which must include any restrictions or recommendations for ongoing management. This documentation must be submitted to the head coach before the athlete is allowed to return to play.
- If a concussion occurred outside of SCVAA activities and is reported to the coach, written documentation of medical clearance will also need to be provided.

Conclusion

The Saint Croix Valley Athletic Association is committed to promoting a safe and supportive environment for athletes. This Concussion Policy emphasizes the importance of proper recognition, evaluation, and management of concussions to safeguard the health and well-being of our athletes. By adhering to these guidelines and collaborating with medical professionals, we

can facilitate the safe return to play for athletes following a concussion, minimizing the risk of long-term complications and promoting their overall health and success.

