

RECOGNIZE TO RECOVER

US SOCCER ATHLETE COLLAPSE GUIDELINES

Non-contact collapse of an athlete, coach, referee or bystander is presumed to be sudden cardiac arrest.

While not common, an immediate and appropriate on-site response with bystander intervention is critical for a potential positive outcome. As part of your emergency action plan (EAP) “hands only CPR” with the use of an (AED) should be incorporated as part of your program. All staff and players should be educated and trained on this skill with access to an automated external defibrillator or AED either on site or within a rapid response by local emergency personnel.

STEP 1 IDENTIFY COLLAPSED INDIVIDUAL

STEP 2 CALL FOR HELP AND CALL 911,
SEND FOR AN AED

STEP 3 START CHEST COMPRESSIONS 100X
A MINUTE IN THE CENTER OF THE
CHEST “PUSH HARD AND FAST”

STEP 4 CONTINUE COMPRESSIONS AND PLACE
PADS OF THE AED (WHEN ARRIVES) AS
SHOWN BY THE DEVICE

STEP 5 THE AED WILL GUIDE YOU (BY VOICE) IF
A SHOCK IS NEEDED OR IF YOU NEED TO
CONTINUE COMPRESSIONS

STEP 6 IF NO AED IS AVAILABLE, CONTINUE
COMPRESSIONS AND SWITCH IF YOU
BECOME TIRED UNTIL EMERGENCY
PERSONNEL ARRIVE

EQUIPMENT

Consider having an **Automated External Defibrillator** or AED on-site. Identify location at the fields for ease of access with sign highlighting the device. If no AED is available, assure Emergency Medical Services (EMS) locally can respond in a rapid response.



A FACT SHEET FOR Athletes



This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

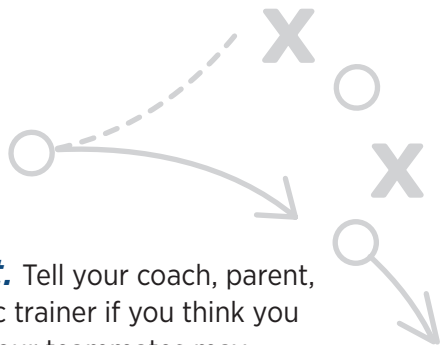
WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

What Should I Do If I Think I Have a Concussion?



Report It. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It's up to you to report your symptoms. Your coach and team are relying on you. Plus, you won't play your best if you are not feeling well.



Get Checked Out. If you think you have a concussion, do not return to play on the day of the injury. Only a healthcare provider can tell whether you have a concussion and when it is OK to return to school and play. The sooner you get checked out, the sooner you may be able to safely return to play.



Give Your Brain Time to Heal.

A concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

Why Should I Tell My Coach and Parent About My Symptoms?



- Playing or practicing with a concussion is dangerous and can lead to a longer recovery.
- While your brain is still healing, you are much more likely to have another concussion. This can put you at risk for a more serious injury to your brain and can even be fatal.

GOOD TEAMMATES KNOW:
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



cdc.gov/HEADSUP

How Can I Tell If I Have a Concussion?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

-  **Get a headache**
-  **Feel dizzy, sluggish, or foggy**
-  **Are bothered by light or noise**
-  **Have double or blurry vision**
-  **Vomit or feel sick to your stomach**
-  **Have trouble focusing or problems remembering**
-  **Feel more emotional or “down”**
-  **Feel confused**
-  **Have problems with sleep**

Concussion symptoms usually show up right away, but you might not notice that something “isn’t right” for hours or days. A concussion feels different to each person, so it is important to tell your parents and doctor how you are feeling.

How Can I Help My Team?



Protect Your Brain.

Avoid hits to the head and follow the rules for safe and fair play to lower your chances of getting a concussion. Ask your coaches for more tips.



Be a Team Player.

You play an important role as part of a team. Encourage your teammates to report their symptoms and help them feel comfortable taking the time they need to get better.

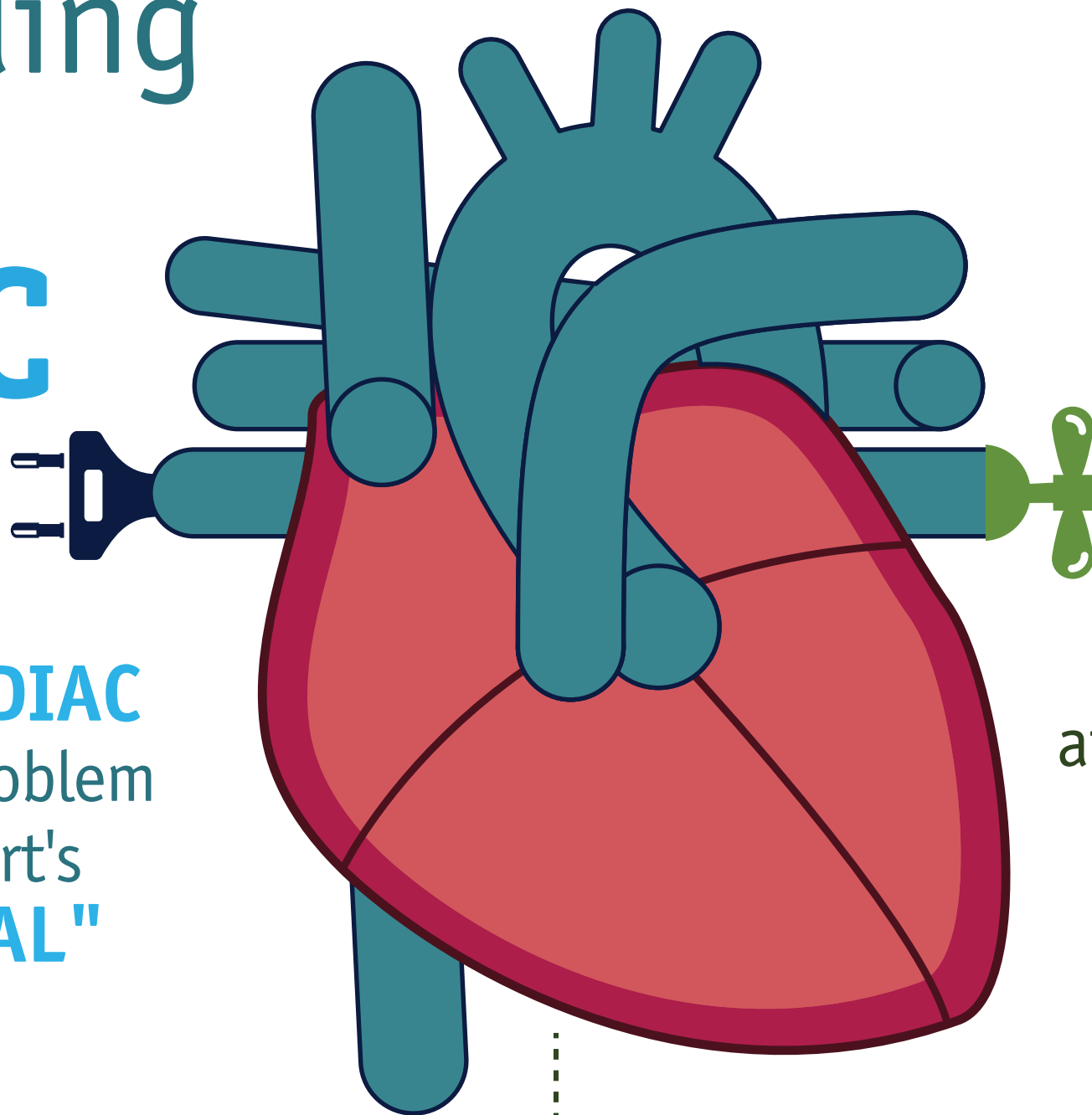
The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other healthcare provider.

Revised January 2019

To learn more,
go to cdc.gov/HEADSUP

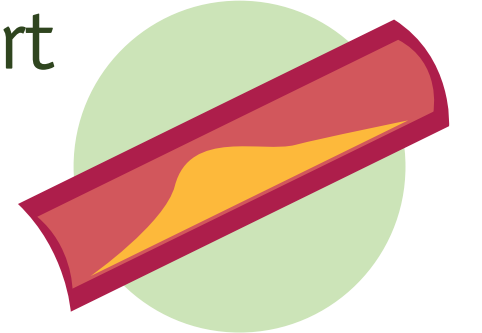


Understanding **SUDDEN CARDIAC ARREST**

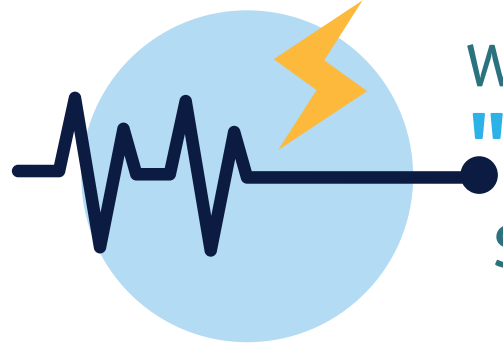


VS. **HEART ATTACK**

A **HEART ATTACK** affects the "**PLUMBING**" of the heart



SUDDEN CARDIAC ARREST is a problem with the heart's "**ELECTRICAL**" system



Usually strikes **WITHOUT WARNING**



The heart **SUDDENLY STOPS BEATING**, and no blood is pumped to the rest of the body



People with sudden cardiac arrest **WON'T HAVE A PULSE**



People may have **EARLY SIGNS**



BLOOD SUPPLY to the heart muscle is **REDUCED OR BLOCKED**, but the heart **KEEPS BEATING**

People **HAVE A PULSE**, unless the heart attack causes sudden cardiac arrest

Quick Action **SAVES LIVES**

1. Call 911



2. Immediately start CPR, hands only



3. If available, use an automated external defibrillator (AED) to provide an electric shock to the heart, within minutes



► **SURVIVAL RATES COULD DOUBLE OR TRIPLE** if more people **TAKE ACTION AND KNOW** what to do when someone is in sudden cardiac arrest



Sudden cardiac arrest claims **ONE LIFE EVERY 90 SECONDS**

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

► For more information, visit [CardioSmart.org/SuddenCardiacArrest](https://www.CardioSmart.org/SuddenCardiacArrest)

RECOGNIZE TO RECOVER CONCUSSION: LET'S TAKE BRAIN INJURIES OUT OF PLAY - ATHLETES

FACTS

Concussion is a brain injury that alters the way your brain functions.

Concussions can occur from a blow to the head/body; contact with the ground, ball or another player

Most concussions occur without a loss of consciousness (“Passing out”).

Severity of injury depends on many factors and is not known until symptoms resolve and brain function is back to normal

All concussions are not created equally. Each player is different, each injury is different, and your team medical staff should evaluate all injuries.

Follow the “Rules of the Game” this will limit and decrease these types of injuries

SYMPTOMS

Different symptoms can occur and may not show up for several days. Common symptoms include:

- Headache
- Loss of consciousness
- Confusion
- Double/Fuzzy vision
- Dizziness
- Balance problems
- Nausea
- Slow reaction time
- Amnesia/Difficulty remembering
- Difficulty concentrating
- Sensitivity to light and noise
- Feeling sluggish, foggy or groggy
- Feeling more emotional than usual
- Irritability
- Sleep disturbances

WHY I SHOULD REPORT MY SYMPTOMS?

Unlike other injuries, there may be consequences to “play through” a concussion.

Practicing or playing while still experiencing symptoms may prolong the time it takes to recover and return to playing soccer.

Repetitive brain injury, when not managed promptly and properly, may lead to long term injury.

Your brain is one of the most vital organs in your body.

Note: Symptoms may worsen with physical or mental exertion (e.g. computer and cell phone use, loud music or tv.).

Concussions “ARE” treatable — they should be managed under the supervision of your physician.

WHAT SHOULD I DO IF I THINK I'VE HAD A CONCUSSION

REPORT IT

Look out for your teammates and never ignore symptoms even if they appear mild. Tell your athletic trainer, team physician, coach and parents if you think you or a teammate may have a concussion.

GET CHECKED OUT

Your health and well-being is the coaching and medical staff’s first priority. If you are suspected of suffering a concussion, the medical staff will make sure you follow U.S. Soccer’s Concussion Evaluation and Management Guidelines.

TAKE CARE OF YOUR BRAIN



49er United has provided me with the link to the following documentation and forms they must be reviewed, signed, and submitted to your Team Manager. Items included are to ensure the safety and security of our coaches and players.

Recognize to Recover

What Should I Do If I think I Have a Concussion

How Can I Tell If I Have a Concussion

Sudden Cardiac Arrest

Recognize to Recover Concussion: Let's Take Brain Injuries out of Play

I have reviewed the information and agree to abide by the rules set forth, in the interest of successful participation in the 49er United Soccer Club.

Players Name: _____ Players Signature: _____

Parents Name: _____ Parents Signature: _____

Date Submitted: _____