The Idaho Rush Concussion Policy is designed to protect the safety of our players at all levels. By detecting concussions when they first occur, we can limit the risk of dangerous secondary concussions and ensure players are treated for concussions by medical professionals, thus voluntarily following Idaho state statutory concussion guidelines and requirements. The policy includes education of coaches, parents, and players as well as the implementation of a specific protocol to be followed in cases of a suspected concussion.

Concussion Education

Coaches

- Coaches will be required to attend concussion training on an annual basis. Concussion training will be conducted by qualified medical professionals trained in the evaluation and management of concussions as defined by Idaho's Concussion Law, Section 33-1625 of Idaho Code.
- Coaches will be trained in and required to follow the Idaho Rush Concussion Procedure and Protocol.
- Coaches will be required to carry concussion information sheets and the concussion protocol sheet in the team first aid kit.
- Coaches will be responsible, in coordination with their team managers, to review concussion symptoms with their players at the beginning of each season.

Parents/Guardians

- Parents/guardians will receive a concussion information packet at the pre-season parent meeting for their child's team. The packet will include an information sheet from the CDC identifying concussions and their signs and symptoms, the Idaho Rush Concussion Protocol, and a sheet describing baseline testing.
- All information handed out to parents/guardians will also be available on the Idaho Rush website.
- Parents/guardians will be invited to attend concussion information and training meetings. These meetings will be held on at least two different dates. These meetings will be conducted by qualified medical professionals trained in concussion management.
- Idaho Rush will set up dates for players to receive baseline cognitive testing. The baseline testing is not required, but highly encouraged, for all competitive players and for other players ages 12 years and older. Parents /guardians are responsible for the transportation to and the payment for the baseline testing.

Players

- Players, ages middle school and above, will receive an information sheet from the CDC identifying concussions and their signs and symptoms. Players will receive these guidelines before they participate in any organized practice or game.
- Coaches/team managers will be responsible for reviewing concussion symptoms with their

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players at the beginning of each season.
- All competitive players and other players 12 years and older are highly encouraged to get baseline cognitive testing (see parent section above).

Concussion Resources

Certified Athletic Trainers

- Idaho Rush will utilize the current certified athletic trainers at the Simplot Complex on Saturdays, as established by Idaho Youth Soccer Association.
- Idaho Rush will provide a certified athletic trainer at the Optimist Complex on Saturdays for games played during the spring season.
- Idaho Rush will provide access to a certified athletic trainer once a week during the fall and spring seasons. Specific days and times will vary, but will be available on the Idaho Rush Website.

Website Information

- All concussion information handed out to coaches, parents, and players will be available to view on the Idaho Rush website.
- Additional links about concussion information will be available on the Idaho Rush website.
- Concussion policy information will be added as a step in the online registration process. Registrants will be required to check a box indicating they have read and understand the Idaho Rush Concussion Policy before registration is processed.

Idaho Rush Concussion Procedure and Protocol

- The Idaho Rush Concussion Procedure and Protocol was developed based on the Centers for Disease Control concussion guidelines and the US Youth Soccer concussion protocol.

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