



## **Westside Timbers Soccer Club**

### ***PLAYER CONCUSSION & SERIOUS INJURY POLICY***

The Westside Timbers takes the safety and well-being of our athletes seriously. We have partnered with Providence Sports Medicine and their **Providence Play Safe Program**, to facilitate and support families in obtaining the medical care needed in case of a concussion or other serious injury. This is really an enhancement to what we have already been providing our players.

#### **PROVIDENCE PLAY SAFE**

Providence Play Safe is an injury management program, combining the expertise of Providence's Certified Athletic Trainers and Sports Medicine Physicians with online management tools. This means faster, more effective communication to help you navigate the healthcare system following injury.

Play Safe uses the Healthy Roster software platform for reporting concussions and serious injuries. Westside Timbers Coaching Staff are responsible for reporting these injuries in the Play Safe System.

By signing up for participation with Westside Timbers, you agree to allow coaches, assigned Providence Sports Medicine Athletic Trainers, and club administrators to report and follow up with you about your child's injuries through a program called **Providence Play Safe** utilizing the **Healthy Roster Software Platform**.

All players that accept a position on a Westside Timbers team will receive an email invitation to sign up for a free Providence Play Safe Healthy Roster account. This account will allow you as parents/guardians to review reported injuries for your child. The Providence Sports Medicine Staff monitors these reports and can provide you with the resources specific to the injury your child suffered. You are not obligated to seek medical attention from Providence Medical Staff - Providence Play Safe is simply a resource available to families of Westside Timbers teams. We strongly recommend that you accept the invitation and sign up for this FREE service, as it will help you track and be notified in case of injury to you athlete and provide you with the necessary resources for his/her recovery. It also gives you the ability to reach out to a Providence Athletic Trainer for sports health/injury questions.

#### **OREGON CONCUSSION LAW REQUIREMENTS:**

##### **Max's Law (OAR 581-022-0421) & Jenna's Law (ORS 336.485) – Concussion laws in Oregon**

- An informed consent must be signed annually by parents and youth athletes acknowledging the risk of head injury prior to practice or competition – this is done when the player joins the club.
- Mandate that all coaches receive annual training to learn how to recognize the symptoms of a concussion and how to seek proper medical treatment for a person suspected of having a concussion.
- Does not allow for an athlete who is either experiencing concussion-like symptoms OR has been diagnosed with a concussion to return to activity/competition on the same day.
- The concussed individual may ONLY return to activity once they no longer exhibit signs, symptoms or behaviors consistent with a concussion AND they have received medical release from a health care professional.

#### **WESTSIDE TIMBERS RETURN TO PLAY REQUIREMENTS**

If a player has sustained a concussion or a serious injury they must provide a written Return to Play Clearance medical release from a health care professional to the Club prior to returning to practice or games.