

GLOUCESTER YOUTH FISHERMEN FOOTBALL AND CHEERING ORGANIZATION

Player/Cheerleader Return To Play Policy

Date: 8/6/2015

Purpose:

To inform the parents/legal guardians of children participating in Football or Cheering of the process when a player has sustained an injury either during a Gloucester Youth Fishermen scheduled event including but not limited to scheduled practices and games or somewhere else.

1. Return to play following bodily injuries in which the player/ cheerleader was seen by a medical professional: ex: sprained ankle, broken arm etc.
 - a. A medical release with any play limitations needs to be provided to the players head coach.
 - b. The head coach will discuss the players situation with the Organization's Player Safety Coach(PSC) and develop a progressive activity return to play plan for the player/cheerleader (depending on length player was removed from play, nature of injury, etc.) to bring the player/cheerleader back to full contact and activity level.
 - c. The PSC will discuss the plan with the player/cheerleader and his or her parents/legal guardians prior to the return to play.
2. Return to play following bodily injuries in which the player/cheerleader was not seen by a medical professional: (ex.: bumps and bruises, small cuts, sprains etc.)
 - a. The head coach will inform the PSC of the players intent to return to play.
 - b. The PSC will meet with the player/cheerleader and parents/legal guardian and discuss the situation.
 - c. The PSC will determine if there is a need for a Return to play waiver to be signed by the parents/Legal guardians. If determined that a waiver is to be completed the player/ cheerleader cannot return to play until completed and signed by parents/Legal guardian and PSC.
 - d. The head coach will discuss the player/ cheerleader situation with the PSC and develop a progressive activity return to play plan for the player/cheerleader (depending on length player/ cheerleader was removed from play, nature of injury, etc.) to bring the player/ cheerleader back to full contact and activity level.
 - e. The PSC will discuss the plan with the player/ cheerleader and his or her parents/legal guardians prior to the return to play.
3. Concussion:
 - a. A player/ cheerleader **must** have a medical release signed by a medical professional prior to returning to play.
 - b. The following progressive activity return to play plan will be followed starting the first day of return:

Step/Day #1—Light aerobic exercise, 5 to 10 minutes, walk to light jog. Shorts, shirts and sneakers.

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Step/day #2—Moderate aerobic exercise, 15 to 20minutes, running at moderate intensity. Shorts, shirts and sneakers.

Step/Day #3—Non-Contact training drills in full uniform.

Step/day #4—Full contact during controlled practice or training.

Step/day #5—Return to full game play.

- c. If at any time during this 5 step return to play program the player/ cheerleader exhibits signs and symptoms of a concussion, he/she must be removed from play, evaluated by their medical professional before returning to play.
- d. When the player/ cheerleader returns with a medical release following the reevaluation by the medical professional, he/she shall begin the progressive activity return to play plan from the beginning at Step #1.
- e. The player/ cheerleader will not compete in any game situation until the 5 step progressive activity return to play plan is completed during controlled practices. Example: a player/ cheerleader returns to practice on Thursday begins step # 1, Friday Step # 2, does not play in Sunday's game, following Tuesday step # 3, Thursday Step # 4, Friday Step#5, can then play in Sunday's game. (depends on scheduled practice days)
- f. There is no exemptions or exceptions from the process stated above for a player/ cheerleader returning from a concussion.

References:

1. National Federation of State High School Associations: Suggested Guidelines for management of concussion in sports: <http://nsaahome.org/textfile/spmeds/concussioninfo.pdf>
2. USA Football Heads Up: Concussion Awareness, <http://usafootball.com/health-safety/concussion-awareness>