



Oakville Jaguars Soccer Academy

Oakville, ON | www.oakvillejaguars.com

Concussion & Return to Play Protocol

Policy Number	Version	Date Issued	Applies To
OJSA-I002	1.0	2024	All Players, Coaches, Parents & Team Officials

A concussion is a brain injury. Any player suspected of having a concussion must be removed from play immediately and must NOT return to play on the same day.

1. Policy Statement & Concussion Management Plan

Oakville Jaguars Soccer Academy follows the Ontario Soccer concussion policy and uses Ontario Soccer's concussion forms as required. These forms are available from the club and are to be completed as part of the removal, referral, and return-to-play process.

As part of its Concussion Management Plan, OJSA will:

- Provide players, coaches, and guardians with annual education on the signs and symptoms of concussion.
- Advise guardians to seek medical attention promptly if their child shows any sign or symptom of a concussion.
- Ensure that, once a concussion is confirmed by a medical professional, the player does not return to soccer or physical activity until a written clearance letter is provided (see Section 6, Medical Clearance).

2. What is a Concussion?

A concussion is a brain injury caused by a blow to the head, face, neck, or body that causes a sudden movement of the brain inside the skull. Concussions do not always involve loss of consciousness. Common symptoms include:

- Headache or pressure in the head
- Dizziness, nausea, or vomiting
- Confusion, feeling "foggy," or difficulty concentrating
- Sensitivity to light or noise
- Memory problems or appearing dazed

- Emotional changes or sleep disturbances

3. Recognise — Remove — Refer

Recognise: Any player showing signs of concussion must be taken seriously. When in doubt, sit it out.

Remove: Remove the player from training or play immediately. Do not allow the player to return to activity that day, even if symptoms resolve.

Refer: The player must be assessed by a physician or health practitioner before returning to sport. Notify parents/guardians immediately.

4. Return to Learn / Return to Sport Protocol

Following a concussion, players must complete a graduated return-to-sport (RTS) protocol. Each stage requires a minimum of 24 hours without worsening symptoms before progressing:

Stage	Activity	Goal
1	Rest (no activity)	Recovery
2	Light aerobic exercise (walking)	Increase heart rate
3	Sport-specific exercise (skating, running)	Add movement
4	Non-contact drills	Coordination and cognition
5	Full contact practice (medical clearance required)	Restore confidence
6	Return to competition	Normal game play

If symptoms return at any stage, the player must return to the previous stage and re-consult their physician.

5. Medical Clearance

Players must provide written medical clearance from a physician before participating in Stage 5 (full contact practice). The clearance note must be submitted to the coach or OJSA office. The clearance letter must specify the level of activity the player is permitted to resume — partial, non-contact, or full-contact participation.

6. Roles & Responsibilities

Coaches: Remove any player suspected of concussion from play. Do not allow return to play without medical clearance.

Parents/Guardians: Seek medical assessment promptly. Follow physician guidance for return to school and sport.

Players: Report all symptoms honestly. Do not hide symptoms to continue playing.

7. External Resources

 Parachute Canada — Concussion Information & Resources

 International Consensus Statement on Concussion in Sport

 Canadian Guideline on Concussion in Sport