

## Sutton United Football Club

### FA Concussion Protocol



#### Purpose

Sutton United Football Club is committed to protecting the health and wellbeing of all players by following The Football Association (FA) guidelines on concussion. This protocol outlines the steps to recognise, manage and safely return players to football following a suspected concussion.

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#### What is Concussion?

A concussion is a brain injury caused by a blow to the head or body that can affect how the brain functions. It may not always involve loss of consciousness.

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#### Recognising Concussion

Common signs and symptoms include:

- Headache or dizziness
  - Confusion or memory loss
  - Nausea or vomiting
  - Blurred vision
  - Balance problems
  - Unusual behaviour or mood changes
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#### Immediate Action

- **If in doubt, sit them out**
  - Any player suspected of having a concussion must be removed from play immediately
  - The player must not return to play in the same session or match
  - A responsible adult must be informed and medical advice should be sought
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#### Medical Assessment

- The player should be assessed by a qualified healthcare professional
  - Players must follow medical advice before returning to activity
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## **Return to Play (Graduated Return)**

Players must follow a step-by-step return to play process:

1. Rest until symptom-free
2. Light aerobic exercise
3. Sport-specific exercise
4. Non-contact training drills
5. Full-contact training (after medical clearance)
6. Return to play

Players must only progress if symptom-free at each stage. If symptoms return they must stop and rest.

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## **Responsibilities**

### **Coaches and Staff:**

- Be aware of concussion symptoms
- Remove players from play if concussion is suspected
- Ensure players follow return-to-play guidelines

### **Players:**

- Report any symptoms honestly
  - Follow medical advice and recovery guidelines
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## **Review**

This protocol will be reviewed annually in line with FA guidance.

**Policy reviewed:** March 2026

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**Signed:** OSCAR J LUGG

**Name:** Oscar Lugg

**Position:** Soccer School and Academy Lead

**Date:** 23<sup>rd</sup> March 2026

