CROSBY STUART JUNIOR FOOTBALL CLUB

Concussion Policy

If in doubt, sit them out · England Football Accredited ★★★

Concussion is a brain injury and must always be taken seriously. Children and young people can take longer to recover than adults. This policy follows The FA's concussion guidance and the UK Concussion Guidelines for Non-Elite (Grassroots) Sport. **If in doubt, sit them out.**

1. Recognise

A player does not have to be knocked out to be concussed. After any knock to the head or body, look for:

- **What you might see:** lying still or slow to get up; unsteady on their feet; a blank or vacant look; clutching their head; confusion; a fit (seizure).
- **What they might tell you:** headache; dizziness; feeling sick; blurred vision; sensitivity to light or noise; feeling tired, emotional or 'not right'; trouble concentrating or remembering.

Signs can appear straight away, or up to 48 hours later.

2. Remove

- Any player with a suspected concussion must be **removed from play immediately and must not return that day** – not even if they say they feel fine.
- They must not be left alone, and must be handed over to their parent or carer.
- The coach must tell the parent or carer exactly what happened.

> **Call 999 immediately** if a player has any of these warning signs: loss of consciousness (even briefly); getting more drowsy or confused; a seizure; severe or worsening headache; repeated vomiting; severe neck pain; double vision; weakness, tingling or numbness in the arms or legs; or becoming increasingly restless, agitated or aggressive.

3. Get checked

Every player with a suspected concussion should be checked by a healthcare professional or by calling **NHS 111** within 24 hours.

4. Recover

- Rest for the first 24–48 hours. Gentle activity such as walking is fine.
- Keep screen time (phones, tablets, games) to a minimum for at least the first 48 hours.
- Returning to school comes before returning to football.

5. Return to football gradually

- **Light exercise and non-contact training** can begin once symptoms allow and the player is back at school.
- **Full training (including heading and tackling)** only once the player has had **14 days with no symptoms at rest**.
- **Matches:** not before **day 21** after the injury (the day of the injury is day 0), and only if the player has had no symptoms during training.
- If symptoms come back at any stage, stop and drop back to the previous step.

> If symptoms are getting worse or haven't improved after 14 days, call NHS 111. If symptoms last more than 28 days, see a GP – the player should not return to football until they have.

Club responsibilities

- Coaches record every suspected concussion and tell a Club Welfare Officer.
- Team managers will not select a player for a match until the minimum return date has passed and the parent or carer confirms in writing that their child has no symptoms.
- Coaches follow The FA's heading guidance for youth football in training and matches.

Who to contact

Club Welfare Officers
Von Parker Sheridan (Girls) · **Joe Buckley** (Boys)
welfare@crosbystuart.co.uk

Club Secretary
Jan Meadows
secretary@crosbystuart.co.uk

Liverpool FA Safeguarding
Safeguarding@LiverpoolFA.com · 0151 523 4488

The FA Safeguarding Team
Safeguarding@TheFA.com · 0800 169 1863

If a child is in immediate danger, call 999. NSPCC Helpline 0808 800 5000 · Childline 0800 1111

APPROVED BY	POSITION	DATE
Ben McDonald	**Chair, Crosby Stuart JFC**	**18 November 2026**