

Today, the ***US Soccer Player Safety Campaign*** announced that they are initiating a Safety Campaign called R and R (Reorganize to Recover).

This is a platform for awareness on Best Practices regarding Injury Prevention. Some topics will include:

- Heat Guidelines
- Safe Game Play
- Proper Hydration
- Concussions

The program is to educate referees, coaches, and administrators regarding injury prevention.

Concussions:

US Soccer is not saying that heading causes concussions, but the following will be effective starting January 1, 2016:

U10 and Under: No heading in training or in a game

U11-13: Heading in training limited to 30 minutes per player in a week and no more than 20

Headers by a single player in a

week.

Unlimited in Competition

Over U13:

Part of the game.

Medical Professionals are defined as an MD, DO or a game sideline Athletic Trainer.

New Substitution Rules:

- Any player suspected of a head injury will be removed from play.
- If there is a certified trainer, MD or DO on the sideline and they deem the player has not suffered a concussion, then the player may come back in the game.
- If there is not a certified trainer, MD, or DO available, then the player must sit out and will not be allowed to play or practice until they are cleared by a Medical Professional to play on another day.

Protective Head Gear does not prevent concussions. It protects the skull from fractures and bleeds on the brain.

As the next few months go on, there will be more and more components of R and R listed on the US Soccer Website. Medical@ussoccer.org

Dr. Champus-Chief Medical Officer of US Soccer.