

CONCUSSION POLICY AND RETURN TO PLAY PROTOCOLS

FC Tigers adheres strictly to the [BC SOCCER CONCUSSION POLICY](#) and the current multi-step process that must occur before a player can return to soccer competition. Parents, players and staff should know that these methods can sometimes evolve but the current methodology is based on sport research in soccer and beyond.

Return to Play – Post Injury (Courtesy of BC Soccer and Parachute/NCCP)

A typical RTP process will be made up of 6 steps. There must be a minimum of 24 hours before each step is assessed although this could be considerably longer than 24 hours. Oversight should be provided by a medical professional. [CLICK HERE](#) to view the 6-step process.

At the sign of any sign of symptoms, it is important to follow these instructions. Suffering additional brain trauma while already experiencing concussion symptoms can lead to serious long-term damage.