

YOUTH SOCCER

PARENT/VOLUNTEER HANDBOOK

FALL 2026



— PLAYNATURALLY —
BLUE SPRINGS
— PARKS & RECREATION —

Welcome to Blue Springs Parks and Rec!

Dear Coaches, Parents, and Participants,

The Blue Springs Parks and Recreation Department welcomes you to the Youth Soccer Program! Our goal is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. Skill development is the main component of our youth sports programs. Non-competitive games are a part of every season in which each player will receive an equal amount of playing time and opportunity. At this level, it is not about winning yet. Learning the fundamentals of the game, making friends, and having fun are the goals we are setting for this season.

This is the Soccer Handbook, and it will describe the program and hopefully answer many questions you may have. Pages 2-6 consist of general information and policies, and the rules begin on page 7. Maps of field locations are on page 10. Please take a few minutes and read the information inside this handbook as it may help eliminate confusion in the future.

Youth Sports Programs are only possible through the dedication of Volunteer Parent Coaches. Many volunteers put in several hours of work to make our programs a success and there is no way this would be possible without them. Thank you to all the volunteers who invest time and energy into the lives of young people today. If you are interested in future volunteer opportunities, please contact us.

Thank you for your participation. We look forward to serving you and your child within the city of Blue Springs!

Gabe Clark
Recreation Programmer - Sports
(816) 622-4326
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Important Dates

July 12th: Registration Ends

July 23rd Coaches Meeting:

- @ Vesper hall (400 NW Vesper St, Blue Springs, MO 64014)
- Coaches will receive rosters/practice times and equipment bags and begin contacting players families.
 - 6:00pm will be divisions U6, U7, U8
 - 7:15pm will be divisions U9, U10, U11, U12 - U13

Week of July 27th: Practices begin (weather depending)

- One during the week, one on Saturday mornings (until games begin).
- Practice time depends all upon the volunteer coach's preference.
- All practices will take place at Pink Hill, William Bryant and Franklin Smith.
- Once games begin you will just have the one practice during the week.

Saturday, August 22nd: First day of games

- **No games on September 5th (Labor Day Weekend)**
- 8 week season
- Rainout week incorporated on the end of the schedule (October 24th)
- Game schedule will be released 2-3 weeks before the first game.

PICTURE DAY:

- We will have Legend's Sports Photography come and take individual and group pictures during one of our gamedays.
- **Picture Days:**
 - **August 29th**
 - **September 12th**

GAME SCHEDULES: <https://teamsideline.com/sites/bluespringsgov/schedules>

TROPHIES WILL BE GIVEN TO EVERY PLAYER AT THE COMPLETION OF THE SEASON

Weather Policy

The safety of our patrons is important to us, and we will make every effort to keep you informed of facility closures and program cancellations due to weather. BSPR has purchased a new Rainout Line solution to keep you up to date when adverse weather affects our events. Updates on the status of BSPR programs, services, or facilities will be available through BSPR Rainout Line, Facebook, or by contacting the front desk at the Blue Springs Fieldhouse. Our new Rainout Line number is listed below.

Our new Rainout Line offers you a FREE iPhone and Android app to quickly check the status information. To download the app for BSPR just go to the market on your phone and search Rainout Line. Download the RainoutLine.com app and search for Blue Springs Parks and Recreation (you may also click the banner below). When it appears click the star on the right side of the page and you are all set. We are excited to provide our participants with the latest technology to make your participation just a little more enjoyable.

Click here to:



- **Rainout Line Phone Number:** (816) 280-2440
- **Rainout Line Website:** <https://rainoutline.com/search/dnis/8162802440>
 - Download the Free App for instant notification of any cancellations due to weather.

*Cancellation decisions will be made by 4:00 PM on weekdays, 1 hour prior to programs starting on weekends. Blue Springs Parks and Recreation will only update rainout line for games, while practice decisions are left up to the team coach (unless specified by Blue Springs Public Schools). Cancellations that must be made during a program will be made on site and updated on the rainout line.

*Youth Sports Heat Policy: Once the temperature reaches 100 degrees and/or the heat index reaches 104 degrees, we start assessing the possibility for cancellation

Policies

All our youth sports programs are Tobacco & Alcohol Free. We want to provide a fun and safe environment for all our children and families involved.

All games are monitored by Blue Springs Parks and Recreation Staff that is trained in CPR and First Aid. First Aid kits are available on site.

Blue Springs Parks and Recreation provides a safe place for our children to learn skills and grow. Foul language and inappropriate behavior of any kind by parents, coaches, staff, or spectators will not be tolerated and will be dealt with accordingly.

Team Forming

Several factors are taken into consideration as the Blue Springs Parks and Rec Staff creates teams. Parents are asked on registration certain request types including player or school.

Coach/Child- It is understood that if you are volunteering your time to coach the child will automatically be placed on that team.

ONE Mutual Friend Request - You may request your child be placed on the same team as one of their friends. That friend must in turn request your child as their friend request. For example, if Jack Smith wants to be on the same team as Ben Harper, Jack must write Ben's name on his registration and Ben must write Jack's name on his registration. You can only list one friend on your registration, if you list more than one, only the first one listed will be taken into consideration.

School – If you have no individual friend requests, your child may be placed with other kids from their school. We are aware that some schools may not have many children going out for a sport or there may be several kids from one school, but not necessarily all on the same team. This is to help kids have some sort of familiarity with their teammates.

Coaching – A head coach may only request two kids to be on his or her team (Their child plus one more). The assistant coach may do the same. This brings the total to four potential kids requested by coaches, that is our maximum, and it will be strictly followed. **We do not accept full pre-formed rosters from volunteer coaches.** This is to keep the playing field fair and balanced. It is unfair for a child with no requests or experience to be placed on a team with other kids of similar circumstance, facing against a team of pre-formed players.

It is the coach's responsibility to clearly state on the coach's request form their child's name, one mutual friend, as well as their one assistant coach.

Requests are **NOT** guaranteed but are taken into great consideration according to your registration. Unfortunately, with the number of participants all requests may not always be met, but we try our best.

Coaches Information

We appreciate every one of our volunteer coaches and our leagues would not be made possible if it was not for their participation.

Coach Request Form/Background Check:

All coaches head and assistant must complete a coach request form and a background check. The sooner you complete the coach request form, the better chance you will have of getting your requested practice time and team mascot. You will find out your practice time and team mascot at the coaches meeting.

Contacting Parents:

It is important to call each of your player's parents individually when you receive your roster. After making individual contact it is also a good idea to send out a follow up email so they each have something in writing to refer to later. This is crucial because it will help in establishing good communication for your team.

Parent Meeting:

We suggest you schedule a parent meeting before the first practice with your team. This meeting is a good chance for you to go through the handbook with your parents so it can avoid confusion later in the season. A drink and snack schedule are also something that this meeting can accomplish. This meeting can be done 15-20 minutes before your first practice, or at a separate location off-site. Whichever is easier for you and your parents.

Practices:

You will receive one scheduled practice during the week as well as one on Saturday's. After the first game you will have just the one practice during the week. The practice time will be determined by the coach at the coaches meeting. If you need help with drills or have any questions regarding your practice, please contact us.

Please Remember:

Being a coach, you are now representing yourself, your team, and the Blue Springs Parks and Recreation department. It is crucial that you let your parents know the importance of a positive attitude during games and practices and that the main objective of the league is for the kids to have fun and learn the fundamentals. Remember, coaching a team of youth is a privilege and not a right.

If you have a disagreement or an issue with an official, we ask that you do not address the issue during the game. After the game is complete you may address the issue with our site supervisor. If the issue is not resolved to your approval, you may reach out to the league director on Monday. Asking questions to an official during a game is understandable if it is done in a reasonable and appropriate manor.

We have zero tolerance with disruptive coaches/parents/spectators. The Blue Springs Parks and Rec Department will handle every situation on a case-by-case basis and move forward.

Coaches:

1. Shall, above all, keep the welfare and safety of children as their main objective.
2. Be patient and willing to work with kids to bring out the best in each one.
3. Should always conduct him or herself in an appropriate manor.
4. Guidelines for selecting coaches.
 - Must be 18 years of age.
 - Previous coaching experience is preferred.
 - Good standing with BSPR programs
 - Able to pass a background check.
 - Past complaints from parents, coaches will be considered.

Rules and Regulations

Administration: The Youth Soccer League is supervised by the Blue Springs Parks and Recreation Department. Decisions rendered by the Parks and Recreation Department are final. We ask for, and in return, will show a mutual respect to all those involved with the program, with the main goal being the betterment of the kids involved.

Divisions Offered:

- U6, U7, U8, U9, U10, U11, U12, U13
- All divisions offered are coed. **Divisions U10/U11 are combined as well as U12/U13**
- Divisions may be combined based on registration numbers.
- What division your child falls in is based off birth year. See chart below.

Age Divisions by Calendar Birth Year



This chart is organized to demonstrate how players will be assigned and progress using the August 1st to July 31st Age Group formation cycle utilized by US Youth Soccer, US Club, and AYSO starting in August 2026. As teams look to update their rosters accordingly for the change in formation cycles, please remember that a team's age group is decided by the oldest player on the roster.



	26/27	27/28	28/29	29/30	30/31	31/32	32/33
U6	AUG. 2020 - JUL. 2021	AUG. 2021 - JUL. 2022	AUG. 2022 - JUL. 2023	AUG. 2023 - JUL. 2024	AUG. 2024 - JUL. 2025	AUG. 2025 - JUL. 2026	AUG. 2026 - JUL. 2027
U7	AUG. 2019 - JUL. 2020	AUG. 2020 - JUL. 2021	AUG. 2021 - JUL. 2022	AUG. 2022 - JUL. 2023	AUG. 2023 - JUL. 2024	AUG. 2024 - JUL. 2025	AUG. 2025 - JUL. 2026
U8	AUG. 2018 - JUL. 2019	AUG. 2019 - JUL. 2020	AUG. 2020 - JUL. 2021	AUG. 2021 - JUL. 2022	AUG. 2022 - JUL. 2023	AUG. 2023 - JUL. 2024	AUG. 2024 - JUL. 2025
U9	AUG. 2017 - JUL. 2018	AUG. 2018 - JUL. 2019	AUG. 2019 - JUL. 2020	AUG. 2020 - JUL. 2021	AUG. 2021 - JUL. 2022	AUG. 2022 - JUL. 2023	AUG. 2023 - JUL. 2024
U10	AUG. 2016 - JUL. 2017	AUG. 2017 - JUL. 2018	AUG. 2018 - JUL. 2019	AUG. 2019 - JUL. 2020	AUG. 2020 - JUL. 2021	AUG. 2021 - JUL. 2022	AUG. 2022 - JUL. 2023
U11	AUG. 2015 - JUL. 2016	AUG. 2016 - JUL. 2017	AUG. 2017 - JUL. 2018	AUG. 2018 - JUL. 2019	AUG. 2019 - JUL. 2020	AUG. 2020 - JUL. 2021	AUG. 2021 - JUL. 2022
U12	AUG. 2014 - JUL. 2015	AUG. 2015 - JUL. 2016	AUG. 2016 - JUL. 2017	AUG. 2017 - JUL. 2018	AUG. 2018 - JUL. 2019	AUG. 2019 - JUL. 2020	AUG. 2020 - JUL. 2021
U13	AUG. 2013 - JUL. 2014	AUG. 2014 - JUL. 2015	AUG. 2015 - JUL. 2016	AUG. 2016 - JUL. 2017	AUG. 2017 - JUL. 2018	AUG. 2018 - JUL. 2019	AUG. 2019 - JUL. 2020
U14	AUG. 2012 - JUL. 2013	AUG. 2013 - JUL. 2014	AUG. 2014 - JUL. 2015	AUG. 2015 - JUL. 2016	AUG. 2016 - JUL. 2017	AUG. 2017 - JUL. 2018	AUG. 2018 - JUL. 2019
U15	AUG. 2011 - JUL. 2012	AUG. 2012 - JUL. 2013	AUG. 2013 - JUL. 2014	AUG. 2014 - JUL. 2015	AUG. 2015 - JUL. 2016	AUG. 2016 - JUL. 2017	AUG. 2017 - JUL. 2018
U16	AUG. 2010 - JUL. 2011	AUG. 2011 - JUL. 2012	AUG. 2012 - JUL. 2013	AUG. 2013 - JUL. 2014	AUG. 2014 - JUL. 2015	AUG. 2015 - JUL. 2016	AUG. 2016 - JUL. 2017
U17	AUG. 2009 - JUL. 2010	AUG. 2010 - JUL. 2011	AUG. 2011 - JUL. 2012	AUG. 2012 - JUL. 2013	AUG. 2013 - JUL. 2014	AUG. 2014 - JUL. 2015	AUG. 2015 - JUL. 2016
U18	AUG. 2008 - JUL. 2009	AUG. 2009 - JUL. 2010	AUG. 2010 - JUL. 2011	AUG. 2011 - JUL. 2012	AUG. 2012 - JUL. 2013	AUG. 2013 - JUL. 2014	AUG. 2014 - JUL. 2015
U19	AUG. 2007 - JUL. 2008	AUG. 2008 - JUL. 2009	AUG. 2009 - JUL. 2010	AUG. 2010 - JUL. 2011	AUG. 2011 - JUL. 2012	AUG. 2012 - JUL. 2013	AUG. 2013 - JUL. 2014
U20	AUG. 2006 - JUL. 2007	AUG. 2007 - JUL. 2008	AUG. 2008 - JUL. 2009	AUG. 2009 - JUL. 2010	AUG. 2010 - JUL. 2011	AUG. 2011 - JUL. 2012	AUG. 2012 - JUL. 2013

Birth Year and season matrix is based on us USSA and Missouri Youth Soccer Association Standard 26-27.
<https://www.missourisoccer.org/news/2025/12/04/understanding-the-age-group-changes/>

Ball Size:

- U6, U7, U8 Size 3
- U9, U10, U11, U12, U13 Size 4

Team's / Uniforms:

1. **All players must be registered through Blue Springs Parks and Recreation and wear their BSPR issued jersey on game day.** (All jerseys and equipment are provided by Blue Springs Parks and Recreation)
Matching socks are provided for all players.
 - a. **No custom jerseys are allowed in our recreational leagues**
2. Shin Guards must be always worn, all ages. Shin guards are not provided.
3. Tennis shoes or soccer cleats must be worn. Shoes with metal cleats will not be permitted. Football cleats or baseball shoes are not allowed.
4. It is recommended that each team wear the same color of shorts or pants.
5. Teams are split up based upon requests by coaches and parents (see page #5)
6. It is Blue Springs Parks and Recreation goal to split every team up as even as possible for games.
7. Pre-formed rosters are not accepted by coaches.
8. League standings are not kept for any division.

Game Time:

1. Games are primarily scheduled on Saturday mornings at Hidden Valley Sports Complex.
2. It is recommended that every player show up at least 15 minutes before game time.
3. 5 Minutes prior to game time a pregame meeting will be set up by the lead official involving both coaches and captains. This meeting will be for any rules clarity and a chance to start the game off on a good note.
4. If a team is short players, it will be a discussion between coaches on how to proceed.
5. The game clock will not stop once started each quarter/half.
6. No slide tackling allowed in any division.
7. Mercy Rule- If down by 5 goals, you may add another player. If a goal is scored the extra player must come off the field
8. No jewelry (watches, necklaces, earrings, etc.) may be worn. Starter earrings are permitted for players 4th grade and under only if properly covered and taped with cloth athletic tape or a bandage. Fitbits/Apple watches are allowed if properly wrapped.
9. All player benches will be on the same side of the field. All spectators will be on the opposite side of the field.
10. Non soft part of a cast or splint must be wrapped up to protect others from inadvertent swipes, referee must inspect upon arrival to field.
11. Prescription glasses are allowed, but sport goggles or contacts are recommended. Sunglasses are not allowed. Referee has final say regarding player safety.
- 12. Each player will receive an equal amount of playing time.**
13. It is understood that both teams will line up and shake hands at the conclusion on each game.
- 14. Unsportsmanlike conduct will be handled by the officials and vary based on each situation. If the official feel like a player needs to sit out or be ejected, they have the right to make that decision and that decision is final. Any parent or coach who shows unsportsmanlike conduct during a game will be dealt with the same way. The site supervisor may also be involved if an ejection of a coach or spectator occurs. Again, all decisions made by the officials and site supervisor are final regarding unsportsmanlike conduct. All ejections will be sent on to the Sports Supervisor and dealt with accordingly.**

SPORTSMANSHIP:

Team members, coaches and spectators shall exhibit appropriate behavior toward other players, coaches, spectators, and officials. Unsportsmanlike conduct from team members and/or associates, including spectators, will result in one or more of the following:

- a) Player, coach, or spectator ejection from the game
- b) Player, coach, or spectator ejection from the league
- c) Player, coach, or spectator suspension
- d) Forfeit of game

During the game, the officials have the authority to eject players, coaches, and spectators. The Parks and Recreation Department has the final authority on determining the duration of suspension or other penalty. Any player (if he/she has a way home) and/or coach ejected from the game must leave the playing area.

These circumstances will be handled strictly on a case-to-case basis based on the level of severity.

Playing Rules:

See the descriptions below that references basic playing rules for each division. These are separated out per division.
(Please note that divisions may be combined after the registration deadline depending on numbers registered. When this happens, the chart will be adjusted and communicated to all coaches and parents)

U6 Division (4v4) Size 3 Ball, Goal 4 x 6 ft, field size 20-35 yards by 15-25 yards

- 4 field players and no goalie
- 1 referee on the field
- Four 9-minute quarters, 5-minute halftime, breaks between quarters will be approximately 2 minutes.
- One coach from each team is allowed on the field.
- No goalie, coaches should encourage players to defend on the field away from the goal. Defenders must be involved in the play and not just hanging back by the goal.
- No offsides called, no throw ins (kick ins are used), no direct kicks, defending team must be 4 yards off the ball for restarts.
- A goal can only be scored from a team's offensive side of the field.
- Substitute on any dead ball at referees' discretion
- On any restart, the opposing team must be in their defensive half until the ball is put back in play.
- Fouls will be called but explained to the player(s) involved as to what they did wrong.
- When a player deliberately heads the ball in the game, an indirect free kick (IFK) will be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where it occurred. For non-deliberate headers, play should continue.
- Referees will allow players to leave the field to be evaluated by coaches if there is a suspected head injury.

U7 Division (4v4) Size 3 Ball, Goal 4 x 6 ft, field size 25-35 yards by 15-25 yards

- 4 field players and no goalie
- 1-2 referees on the field
- Four 10-minute quarters, 5-minute halftime, breaks between quarters will be approximately 2 minutes.
- No coaches on the field unless allowed by the referee due to injury.
- No goalie. Players should not be in the goal area except when play is occurring in the goal area. Players should not start in the goal area on corner kicks. Coaches should encourage players to defend on the field away from the goal area. If a team repeatedly blocks the goal by placing a defender in the goal area without actively defending, the referee is allowed to award an indirect kick at midfield.
- No offsides called, throw ins and kick ins are used (up to coaches discretion), no direct kicks, defending team must be 4 yards off the ball for restarts.
- A goal can only be scored from a team's offensive side of the field.
- Substitute on any dead ball at referee discretion
- Fouls will be called but explained to the player(s) involved as to what they did wrong.

- When a player deliberately heads the ball in the game, an indirect free kick (IFK) will be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where it occurred. For non-deliberate headers, play should continue.
- Referees will allow players to leave the field to be evaluated by coaches if there is a suspected head injury

U8 Division (4v4) Size 3 Ball, Goal 4 x 6 ft, field size 25-35 yards by 15-25 yards

- 4 field players and **no goalie**
- 1-2 referees on the field
- Four 10-minute quarters, 5-minute halftime, breaks between quarters will be approximately 2 minutes.
- No coaches on the field unless allowed by the referee due to injury.
- No goalie. Players should not be in the goal area except when play is occurring in the goal area. Players should not start in the goal area on corner kicks. Coaches should encourage players to defend on the field away from the goal area. If a team repeatedly blocks the goal by placing a defender in the goal area without actively defending, the referee is allowed to award an indirect kick at midfield.
- No offsides called, throws in are used, no direct kicks, defending team must be 4 yards off the ball for restarts.
- A goal can only be scored from a team's offensive side of the field.
- Substitute on any dead ball at referee discretion
- Fouls will be called but explained to the player(s) involved as to what they did wrong.
- When a player deliberately heads the ball in the game, an indirect free kick (IFK) will be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where it occurred. For non-deliberate headers, play should continue.
- Referees will allow players to leave the field to be evaluated by coaches if there is a suspected head injury

U9 Division (7v7) Size 4 Ball, Goal 6.5 x 18 ft, field size 55-65 yards by 35-45 yards

- 6 field players and 1 goalie
- Two 25-minute halves and 5-minute half time
- Three referees on the field. (During referee shortages two on field)
- No coaches on the field unless allowed by the referee due to injury.
- Coaches and parents need to be on the sidelines and not behind the endline.
- No single player shall play more than %50 of the game as goalie. No goalie coaches.
- **Build out line (Diagram at the end of this document): On a goal kick or when the goalie has possession, all players from the opposing team must move behind the build out line (this is located halfway between midfield and the top of the penalty area) until the ball is in play. The ball is in play when the goalie releases the ball or when a goal kick is played. If the team with the possession chooses to put the ball in play before the opposing team is behind the build out line, they do so accept the positioning of the opponents and consequences of how the play resumes. On goalie possession punts and drop kicks are not allowed.**
- Offsides called, but only between the goal and the build out line. Throw-ins are used (only 2 attempts are given for a corrected throw in), call all fouls, direct kicks are allowed, defending team must be 8 yards off the ball for restarts.
- Substitutions can happen anytime the ball is out of bounds at referee discretion.
- When a player deliberately heads the ball in the game, an indirect free kick (IFK) will be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where it occurred. For non-deliberate headers, play should continue.
- Referees will allow players to leave the field to be evaluated by coaches if there is a suspected head injury.

U10-U11 Division (9v9) Size 4 Ball, field size 70-80 yards by 45-55 yards

- 8 field players and 1 goalie
- Two 25-minute halves and 5-minute half time

- Three referees on the field. (During referee shortages two on field)
- No coaches on the field unless allowed by the referee due to injury.
- Coaches and parents need to be on the sidelines and not behind the endline.
- No single player shall play more than %50 of the game as goalie. No goalie coaches.
- Offsides called, throw ins called (1 attempt given to correct throw in), call all fouls, direct kicks are allowed.
- Substitutions can happen anytime the ball is out of bounds at referee discretion.
- When a player deliberately heads the ball in the game, an indirect free kick (IFK) will be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where it occurred. For non-deliberate headers, play should continue.
- Referees will allow players to leave the field to be evaluated by coaches if there is a suspected head injury.

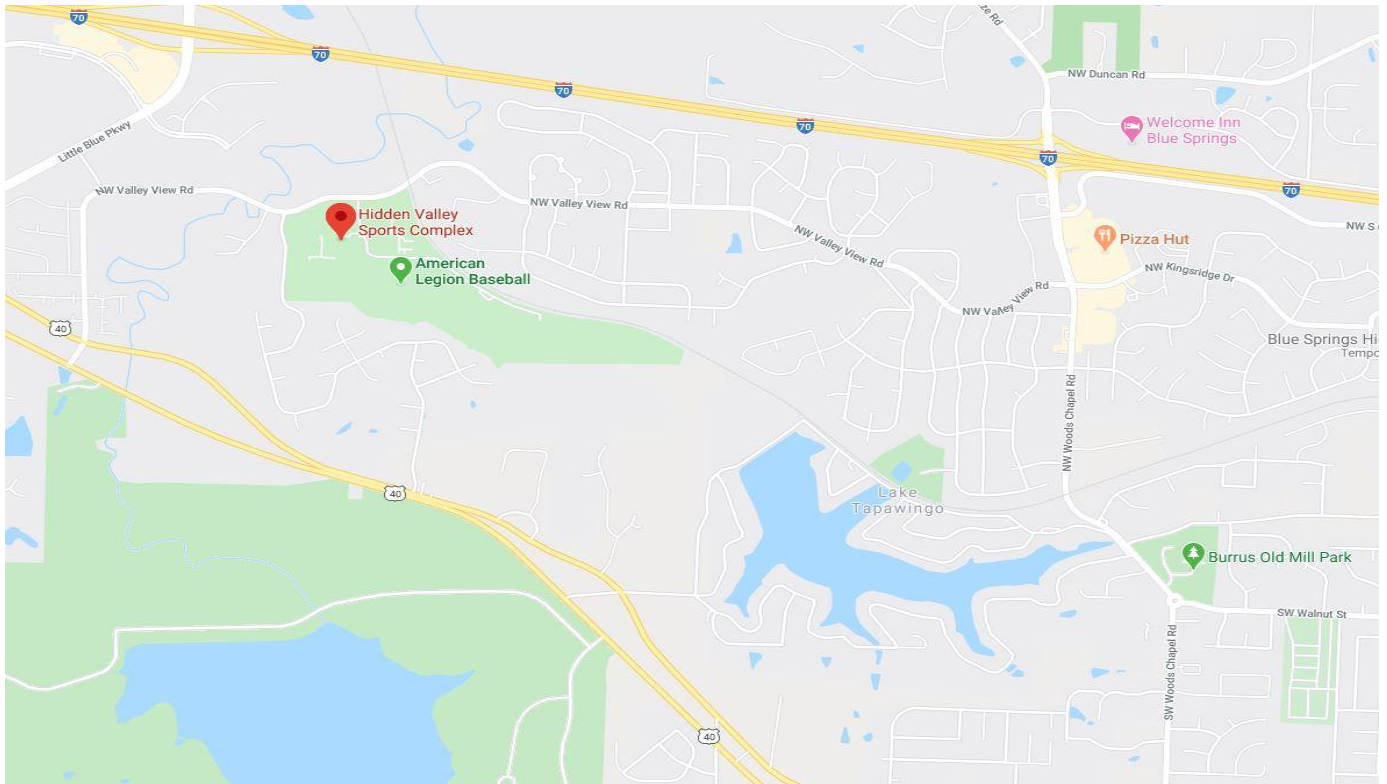
U12-U13 Division Combined (11v11) Size 4 Ball, Goal 8 x 24 ft, field size 70-80 yards by 45-55 yards.

- 10 field players and 1 goalie
- Two 30-minute halves and 5-minute half time
- Three referees on the field. (During referee shortages two on field)
- No coaches on the field unless allowed by the referee due to injury.
- Coaches and parents need to be on the sidelines and not behind the endline.
- No single player shall play more than 50% of the game as goalie. No goalie coaches.
- Offsides called, throw ins called (1 attempt given to correct throw in), call all fouls, direct kicks are allowed.
- Substitutions can happen anytime the ball is out of bounds at referee discretion.
- When a player deliberately heads the ball in the game, an indirect free kick (IFK) will be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where it occurred. For non-deliberate headers, play should continue.
- Referees will allow players to leave the field to be evaluated by coaches if there is a suspected head injury.

Location

Games: Hidden Valley Sports Complex

6500 NW Valley View Rd, Blue Springs, MO 64015



Practice Locations:

- William Bryant
- Pink Hill Park
- Franklin Smith

City of Blue Springs Parks and Recreation Concussion Policy

PURPOSE

The following policy and procedures are being implemented by the Blue Springs Parks and Recreation Department, with the intent to reduce the potentially serious health risks associated with sports related concussions and head injuries.

POLICY

It is policy of the Blue Springs Parks and Recreation Department to educate coaches, referees, site supervisors, parents, and participants of the signs, symptoms, or behaviors consistent with sports induced concussions.

Participants under the age of 18, suspected of a concussion or head injury, are required to be removed from the activity, must seek medical attention, and then follow the proper procedure for return to play.

DEFINITION

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body that jars or shakes the brain inside the skull. It is important to note that an athlete does not have to lose consciousness to have suffered a concussion.

SIGNS OBSERVED BY OTHERS	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned. Is confused about assignment Forgets an instruction. Is unsure of game, score, or opponent Moves clumsily. Answers questions slowly Loses consciousness (even briefly) Shows mood, behavior, personality changes Can't recall events prior to hit or fall	Headache Nausea or vomiting Balance problems or dizziness Double or blurry vision Sensitivity to light Feeling sluggish, hazy, foggy, or groggy Concentration or memory problems Confusion Just not "feeling right" or is "feeling down"

PROCEDURE

1. Distribution of Policy
 - A. Parents, coaches, assistant coaches, and site supervisors associated with the sport activity should become familiar with and have access to a copy

of the Blue Springs Parks and Recreation Concussion and Head Injury Policy and access to the Center for Disease Control information on concussions.

- B. Parents, coaches, assistant coaches, and site supervisors are strongly encouraged to view the “Heads Up: Concussion in Youth Sports” online course from the Center for Disease Control. Parents, coaches, and staff will be provided a website link for this training.

2. Suspected Concussion Procedures

- A. Any participant exhibiting the signs, symptoms, or behaviors associated with a concussion or head injury: (1) must be immediately removed from the activity and (2) may not again participate in any activity until cleared by an appropriate health care professional. REMEMBER WHEN IN DOUBT SIT THEM OUT!
- B. The injured participant may not be cleared for practice or competition the same day that the sign, symptom, or behavior associated with a concussion or head injury was observed.
- C. The injured participants’ parent or guardian should be immediately notified of the suspected concussion or head injury so that they can be evaluated by an appropriate health care professional.
- D. P&R Activity Supervisors must fill out an Incident Form provided in their coaching packet if a child is suspected of having a concussion at a practice and contact the Recreation Supervisor in charge of the activity as soon as possible (within 24 hours). If the suspected concussion occurs at a game, the Onsite Supervisor will fill out this form and contact the Recreation Supervisor (within 24 hours).
- E. The parent or guardian of a participant who is suspected of a concussion or head injury must submit written medical clearance from an appropriate health care professional to the Blue Springs Parks and Recreation Department Supervisor in charge of the activity, prior to returning to any activity (written clearance form provided by the Springs Parks and Recreation Department). Players will not be allowed to participate until this document is produced.

NOTE: This policy is applicable only to Blue Springs Parks and Recreation programs and leagues. The City is not responsible for implementing any concussion or head injury policy for independent teams, leagues, organizations, or associations that utilize City fields or facilities.

The HEADS UP to Youth Sports: Online Training is available to **coaches, parents, sports officials, athletic trainers, and other individuals** interested in learning about concussion safety.

By the end of the training, you will be prepared to:

- Explain what a concussion is and the potential consequences of this injury,
- Identify at least three concussion signs and symptoms,
- Describe the steps for returning to activity (play and school) after a concussion, and
- Create a plan for how to help keep athletes safe from concussion.

Click one of the following links to access the best course for you. You must create an account and login to complete the course. You can print out the certificate upon completion of the training.

- For Coaches: Click [HERE](#) to launch the course (this training is required for all coaches)
- For Sports Officials and Athletic Trainers: Click [HERE](#) to launch the course (this training is required for all Sports Officials and Trainers)

For Parents: Click [HERE](#) to launch the course.

- If you are NOT a Coach, Parent, Sports Official or Athletic Trainer: Click [HERE](#) to launch the course.