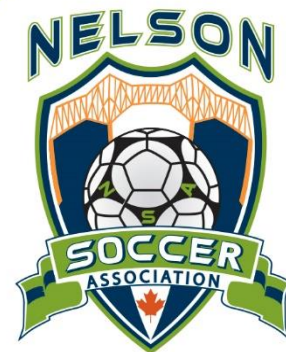


## NSA Safety Policy

1. **Basic Compulsory Equipment** - A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewellery)
  - soccer jersey; - if undershirt with long sleeves are worn, they are of the same main colour as the jersey. League is not allowing shirts or a jersey from a different set of a similar colour to be worn, all players must wear a jersey that is of the same set.
  - soccer shorts; - is one solid colour (sometimes with stripes or sponsor logo in a different colour). Vast majority of soccer shorts are black or white. If thermal under shorts are worn, they are of the same main color as the soccer shorts. League is not allowing multicolour rainbow (clown) shorts, cargo shorts, shorts with pockets, swim shorts, shorts that go bellow your knees, hiking shorts, etc.
  - soccer socks; - please don't show up with two different colour socks.
  - shinguards; - are covered entirely by the soccer socks and are kept like that throughout the duration of the whole game. They are made of a suitable material (rubber, plastic, or similar substances) and provide reasonable degree of protection.
  - outdoor soccer shoes; - must be studs or blades. Running shoes, indoor soccer shoes are not allowed.
2. **Goalkeepers**
  - each goalkeeper wears colors that distinguish him from the other players, the referee and the assistant referees. Goalkeeper is the only player that can wear long (sport, keeper) pants.
  - If a player or goalkeeper wears improper equipment or jewellery it will be cautioned by the referee and will be asked to leave the field to correct it.
3. **Jewellery**
  - All items of jewellery are potentially dangerous. The term "dangerous" can sometimes be ambiguous and controversial, therefore in order to be consistent any kind of jewellery has is forbidden. Players are not allowed to use tape to cover jewellery. Taping jewellery is not adequate protection.
  - Rings, necklaces, bracelets, earrings, leather or rubber bands are not necessary to play and the only thing they can bring about is injury and are not allowed. Only exception to this rule is a medical bracelet that **MUST** be covered with a sweat band only. Players won't be asked to remove wedding ring as long as ring doesn't have rough surface.



#### 4. Concussion Management

- Upon registration each year, players and their parent(s)/guardian(s) if the player is under the age of 18, must review the **information sheet** provided detailing the signs and symptoms of concussions, and must acknowledge that they have received this information and have a responsibility to report concussion-related injuries and illnesses to an independent medical professional and to NSA.  
<https://www.bcsoccer.net/files/ArticleDocuments/Concussion%20Policy.pdf>
- Players who exhibit signs, symptoms or behaviours consistent with a concussion shall be removed from NSA athletic activities (e.g.: game, practice, conditioning) and be assessed by an independent medical professional with experience in the evaluation and management of concussions.
- Medical clearance is required for a player diagnosed with a concussion to return to NSA athletic activity as determined by the independent medical professional. Written evidence of medical clearance must be provided to the team's coach and also to NSA or the adult league before returning to athletic activity.
- A player's return to play will follow the step by step guide provided by BC Soccer, under the oversight of an independent medical professional, found at:  
<https://www.bcsoccer.net/files/Coach/SoccerScience/Players%20Health-Head%20Injuries%20%20Concussions.pdf>
- Coaches and managers must review the online Making Headway Concussion eLearning Series – Soccer Module - located at: <http://www.coach.ca/making-head-way-concussion-elearning-series-p153487>
- The SCAT 3 download will be distributed to Coaches at the start of each season and be made available on the NYS website for coaches, managers, parents and players. All will be encouraged to download the SCAT3 app to their mobile device.  
<http://bjsm.bmj.com/content/47/5/259.full.pdf>