



# U.S. SOCCER

## Physical Well Being Policy



# I. RECOGNIZE TO RECOVER

[www.recognizetorecover.org](http://www.recognizetorecover.org)

Recognize to Recover™ is U.S. Soccer's education and awareness program aimed at promoting safe play and reducing injuries in soccer players of all ages. This first-of-its-kind, program was developed with the help of medical experts to provide coaches, players, parents and referees with information, guidance, and additional educational materials to improve the prevention and management of injuries. This comprehensive program addresses:

- Emergency Action Plan Criteria
- Cardiac Conditions Response
- Head and Brain Conditions / Concussion Management
- Environmental Conditions
- Injury Prevention
- Nutrition and Hydration

U.S. Soccer's National Team Program is required to follow Recognize to Recover™ guidelines and the Concussion Management Protocols available at:

[www.recognizetorecover.org](http://www.recognizetorecover.org)

[www.ussoccerda.com/sports-medicine](http://www.ussoccerda.com/sports-medicine)

We urge all members and Local Affiliated Organizations to adopt Recognize to Recover™ or a similar plan.

## II. MEDICAL CLEARANCE FOR COMPETITION

U.S. Soccer requires all members of National Team rosters to obtain appropriate medical clearance before participating at a given National Team camp.

Although U.S. Soccer does not control individual clubs and teams nationwide, we encourage all athletes to seek and obtain medical clearance from their personal physician at the start of each season, prior to attending practice, strength and conditioning sessions or competition.

### A. PRE-SEASON CLEARANCE

Annual physical check-ups by qualified physicians may identify medical concerns that could impact safety or performance and are helpful in understanding an athlete's current physical state of readiness for play. Physicians generally should be asked to review medical history, height/weight, vision, pulse and blood pressure, physical examination, and where practicable, we encourage an orthopedic screening examination and concussion baseline testing. In addition to

the foregoing, a physician may recommend additional testing based on an athlete's specific situation.

## **B. CLEARANCE FOLLOWING INJURY**

The following applies to the U.S. Soccer National Team Program:

- If an injured player is sent to a Physician, the Physician will determine when the injury has healed enough that the athlete may return to participation.
- Once an athlete has been cleared for return to play by a physician, the team's Athletic Trainer ("AT") or licensed health care provider determines when the athlete is prepared to return to practice and game situations.
- Once an athlete has been cleared by the AT to participate in practice and/or games, it is the coaches' discretion as to when the athlete will resume participation.

## **III. TREATING MEDICAL PROFESSIONAL LICENSURE POLICY**

U.S. Soccer requires that treating medical professionals (physicians, trainers, etc.) serving U.S. Soccer National Team programs comply with applicable regulations for licensure, registration and certification established by and consistent with state and federal laws and generally recognized professional and accrediting organizations.

U.S. Soccer also requires primary source verification of temporary permits, licenses, registrations, or certifications prior to beginning work. Individuals employed in those positions requiring licensure, registration, or certifications, as indicated in the job description are responsible for providing copies of their permit, license, registration or certifications and must possess the required licensure or certification at time of hire in order to perform their duties unless otherwise allowed by regulation (e.g., Athletic Training interns directly supervised by licensed ATs). Employees are responsible for complying with these requirements as well as maintaining their license in good standing, completing all continuing medical education requirements, as applicable, and ensuring timely renewals. Employees will be suspended if required documentation is not received prior to the expiration date and will not be permitted to work until their license, registration, or certification has been verified according to the procedures stated in this policy. Failure to produce documentation within ten working days after suspension may result in termination.