



# Sports Medicine Plan

Fall 2020

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# Introduction

## Surrey United SC Sports Medicine Program

Our Club is fortunate to have access to a great team of sports medicine professionals and resources that provide education to our athletes regardless of their age, gender or competition level. The access to resources available to us as a sports organization in Canada is immeasurable and our commitment to our members is to continually update the information available from within our community and sport as it becomes available. It takes a team, a community, to develop our athletes' true potential and ultimately, maintain their love of the game, their love of sport.

***“I’m lucky to be part of a team who help to make me look good, and they deserve as much of the credit for my success as I do for the hard work, we have all put in on the training ground.” – Lionel Messi***



# The Surrey United Approach

## Player Health and Safety Rules and Regulations

### A. Head Injuries

#### Recognition & Return to Play

Concussions are one of the most overlooked issues in youth sports. If there is any suspicion of a concussion the player in question must be removed from activity or competition immediately. A concussion is a brain injury that can affect memory, concentration, and more – the athlete may or may not have actually hit their head. The player does not need to have lost consciousness to suffer a head injury.

Head Injuries may include one or more of the following symptoms:

- Headache
- Nausea
- Fatigue
- Difficulty sleeping
- Sleeping more than usual
- Light-headed or dizziness
- Sensitivity to light or sound
- Blurred vision
- Ringing in ears
- Slowed thinking
- Feeling “in a fog”
- Memory loss
- Difficult concentrating
- Neck pain
- Lack of energy
- Mood changes

If a player is experiencing any of the below severe symptoms, they should be taken to the emergency room immediately:

- Loss of consciousness
- Headaches that worsen
- Weakness, numbness, or decreased coordination
- Repeated vomiting

#### Return to Play Policy (Concussion)

The Club adheres to the BC Soccer Association's policies which include the following return to play protocol for head injuries:

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. A signed Return to Play form will be required before an athlete may return to play.

1. No activity, complete rest. Once the athlete is asymptomatic, they proceed to level two. The athlete spends, at the minimum, one day at each stage.
2. Light aerobic exercise such as walking or stationary cycling, no resistance training. Performing step two without symptoms allows the athlete to proceed to level three. If symptoms return, the athlete moves back on stage then continues.
3. Sport specific training (e.g. skating in hockey, running in football), progressive addition of resistance training at steps three or four. Performing step three without symptoms allows the athlete to proceed to level four.
4. Non-contact training drills. Performing step four without symptoms allows the athlete to proceed to level five.
5. Full contact training after medical clearance. Performing step five without symptoms allows the athlete to proceed to level six.
6. Game play.





## **B. Casts and Medical Hardware Rules**

Players may use equipment that has the sole purpose of protecting the individual physically, providing that it poses no danger to the individual or any other player.

The following casts and hardware are allowable:

1. Hard Casts (provided there is adequate padding)
2. Soft casts
3. Knee braces (some may require a protective sleeve)
4. Insulin pumps

Ultimately during games, the referee will assess each case and make a final decision.

## **C. Ligament Sprain/Tear**

### **Ankle sprain**

1. RICE for first 24-48 hours (rest and use crutches if necessary, ice for 20 minutes of every hour, compression with tensor when not icing, elevate limb above level of heart).
2. See Physiotherapist within 24-48 hours to assess Grade of ankle sprain.
3. Grade 1 (overstretched but not torn)
  - a. Rehabilitation and return to sport 2-3 weeks.
4. Grade 2 (partial tear)
  - a. May require immobilization in walking boot or brace and crutches.
  - b. Rehabilitation for return to sport 4-6 weeks.
  - c. Return to sport will likely require tape/brace for the initial 6-12 week period post ankle sprain.
5. Grade 3 (complete tear)
  - a. Immobilize ankle in a walking boot.
  - b. Crutches.
  - c. Rehabilitation for return to sport 3 months or more.

### **ACL tear (requiring surgery)**

1. See Physiotherapist 7-10 days post surgery
2. 2 weeks-4 months focus on range of motion/flexibility, strength, and proprioception.
3. 4-6 months sports rehab commences focus on muscle conditioning, functional exercises, motor relearning, and cardiovascular fitness.
4. 6-8 months gradual progression to more competitive training.
5. 9-12 months before return to sport.

## **D. Muscle Strain (hamstring, groin, quad, calf)**

1. RICE for first 24-48 hours (rest and use crutches if necessary, ice for 20 minutes of every hour, compression with tensor when not icing, elevate limb above level of heart).
2. See Physiotherapist within 24-48 hours to assess Grade of muscle strain.
3. Grade 1 (damage to muscle fibers is less than 5% of fibers)
  - a. Rehabilitation and return to sport 2-3 weeks.
4. Grade 2 (more extensive damage to muscle fibers)

- a. Compression with tensor and use of crutches.
  - b. Rehabilitation for return to sport 4-6 weeks.
  - c. Return to sport may require tape/brace/compression for the initial 6-12-week period post muscle strain.
5. Grade 3 (complete rupture of muscle)
    - a. May require surgery to repair muscle, refer to Doctor.
    - b. Crutches and compression of muscle.
    - c. Conservative rehabilitation for return to sport 3 months or more.
    - d. Return to sport likely to require tape/brace/compression to support the muscle.

## **E. Fracture**

1. Call for EMS (dial 911) for transportation of the athlete to hospital for evaluation.
2. A suspected fracture should be stabilized, and RICE applied while awaiting for ambulance.
3. The average bone healing time is between 6-12 weeks, with children's bones healing faster than adults.
4. Other factors affecting bone healing is type and site of the injury.
5. Return to sport post fracture ranges from 3-6 weeks to 12 months.

## **F. Spinal Injury**

**\*\*These injuries require great care\*\***

1. Do NOT manipulate the neck of the injured athlete; they may attempt some small movement on their own if comfortable with it and assisted off the field.
2. Any numbness or tingling of the arms or legs associated with neck pain after contact is considered a serious injury.
3. Call for EMS (dial 911) for transportation and evaluation of the athlete.
4. While waiting for the ambulance immobilize the head and cervical spine to protect the spinal cord.
5. Return to sport following a neck injury depends on the severity of the injury and the structures involved.

## **Speed & Quickness Program**

10-week program that focuses on developing the techniques and specific muscles for speed, power and quick movements. The program curriculum is designed to provide participants with supplemental training sessions, which will complement their soccer practices and other activities. Nick Colyn is the Surrey United provider of this training program and he is a stand-out track athlete of the Trinity Western University track program and has run athletics programs in the past at SUSC and other clubs.

## **Kneestrong and ACL Injury Prevention**

Anterior cruciate ligament (ACL) tears have become an EPIDEMIC among young athletes between the ages of 15-20. Research has shown that up to 88% of all ACL injuries are preventable with early screening, education and a sport specific agility program that focuses on proper movement techniques and hip strength. KneeSTRONG targets young athletes participating in sports requiring change of direction movements, such as basketball, volleyball and soccer. More than 70% of all ACL injuries in female athletes are the result of non-contact activities. Movement patterning places them at a higher risk compared to their male counterparts. This program is provided in collaboration and partnership with Physio Station.

## **Multi Sport Approach**

Surrey United is a strong believer in the Multi Sport approach of our athletes. We have a unique partnership with Elite Multi Sports Programs (EMSP), an organization that Surrey United works with to provide Spring Soccer and Summer Camp opportunities for those that cannot get enough soccer but uniquely, EMSP tailors their other programs in a manner that permits soccer athletes to learn, train and excel in other sports with their teammates or friends outside of Surrey United. EMSP offers basketball, an Athletics program, multi sport camps which include

ultimate frisbee, flag football, fustal and jamborees and off- season camps that include one or more sport. In playing multiple sports, soccer players learn to use their muscles in a different manner, grow in vision and awareness and coordination through their sometimes even awkward stages of growth. We believe that taking a break from soccer from time to time provides adequate recovery, periodization and increases the player's desire to play and stay involved in soccer without having to choose a primary sport at too young of an age.

### **Strength and Conditioning**

#### ***Tyler Baldock, B. Sc. Exercise Science***

The Club is privileged to have Tyler as our own strength and conditioning leader. Tyler is responsible for the development and oversight of our BCSPL Physical Training Program and will be involved in the Club's future physical literacy program for our youngest athletes as well as a general strength and conditioning, speed and agility program that will be accessible for athletes beyond the BCSPL stream.

### **Fitness Testing**

Fitness Testing is introduced to our players in our development stream and academy programs at an early age to provide athletes with a fun and stress-free introduction to fitness testing. As our athletes age and the demands of their chosen performance level increase, fitness testing is adapted to each program in a way that is unique to the level of play for that player. An example of BCSPL-level fitness testing (2x/season) includes a 100yd sprint, 30m sprint, the arrow and yo-yo tests, endurance run of 7 laps of the playing surface, and a measurement of their vertical jump height. This testing protocol permits technical staff the opportunity to gauge growth and improvement throughout specific timelines of the applicable periodization plan.

### **Periodization**

As our players progress through the stages of play in the Long-Term Player Development model, Surrey United begins to apply a well-defined and articulated periodization plan for high performing athletes to ensure off-season, pre-season, competition phase and a transition phase are clearly defined and followed. This approach has been proven to prevent injury, fatigue, overtraining and provide optimum performance results in competition phase of high performing athletes.

## **Community Providers**

The Club has access to community partners in a variety of areas who are familiar with Surrey United and provide services that may be of use to our membership.

### **Rehab and Injury Recovery**

#### ***Langley Sports Medicine Clinic***

265-7888 200th St. Langley BC V2Y 3J4

Phone: 604.888.1028

Website: <https://langleysportsmed.com>

Email: [info@langleysportsmed.com](mailto:info@langleysportsmed.com)

Community clinic owned and operated by a former Vancouver Whitecaps and BC Lions athletic therapist, offering multiple service providers in one location. Physiotherapy, Chiropractor, Massage Therapy practitioners all conveniently located in the Langley Events Centre just 15 minutes from Cloverdale Athletic Park. The clinic also provides custom bracing for injured athletes needing additional support as they recover.

#### ***Physiostation & Sports Injury Clinic***

Unit 113-17433 Highway 10, Surrey, BC V3S 2X6 Phone:

604.372.0808

Website: <https://www.physiostation.ca/>

Email: [reception@physiostation.ca](mailto:reception@physiostation.ca)

Community clinic co-owned and operated by Surrey United alumni, the clinic offers multiple services in a single location just five minutes from Cloverdale Athletic Park. The clinic gives priority to Surrey United member's

physiotherapy appointment bookings when members identify themselves as Club athletes. The clinic offers programs specific to knee prehab and concussion risk reduction as well as clinical Pilates. Kinesiology, Laser therapy, Shockwave therapy, acupuncture is among the other services provided in addition to traditional physio and massage therapy.

## **Medical**

There are several publicly available drop-in medical clinics near Cloverdale Athletic Park that our members can access on their own.

### **Clover Care Medical Clinic**

17770 56 Ave, Surrey BC V3S 1C7

### **Cloverdale Crossing Medical Clinic**

835-17685 64 Ave, Surrey BC V3S 1Z2

## **Nutrition**

### **Wendy-Lee Leeners**

Phone: 778.878.2728

[www.nstep.ca](http://www.nstep.ca)

Email: [wlee.leeners@nstep.ca](mailto:wlee.leeners@nstep.ca)

Advanced Nutrition Specialist Wendy-Lee Leeners offers nutritional support services to help athletes reach their full potential, connecting diet, health and energy. Individualized plans can be made addressing food choices (pre and post-game), dietary needs of teens, sleep, schedules, hydration etc.

## **Multi Sport Provider**

### **Elite Multi Sports Programs**

<https://www.elitemultisports.com/>

Email: [info@elitemultisports.com](mailto:info@elitemultisports.com)

EMSP has provided quality camps in the lower mainland for over 2 decades. Primarily based out of Cloverdale, the camps, academies and multi-sport programs have been extremely well supported by the community and local sports organizations. EMSP has been the official service provider for Surrey United Soccer Club and has provided quality spring and summer programs as well as given professional consultation and input into the Club's annual programming.

# **Sports Medicine Education**

## **Seminar Series**

The Club is continually developing new and interesting ways in which to provide parents, coaches and athletes with the most up to date and relevant educational information as possible. In fall 2019 the Club, in collaboration with Pacific Sport Fraser Valley, will begin providing monthly education seminars for both parents and coaches on a variety of sports medicine, safety and general athlete development throughout each fall playing season.

We highly encourage parents and coaches alike to attend these sessions and provide feedback on the topics they would like to learn more about in future sessions so this series can evolve and grow in the future. These sessions are provided without cost in our Clubhouse facilities.



## **Anti-Doping Education**

Canadian Centre for Ethics in Sport offers online training for coaches and athletes that provides the most up to date information for athletes looking for information on staying safe with use of any supplements or medications when performing at all levels of sport. SUSC has these resources on our website for ease of reference and our policy is based on the Centre's principles, guidelines and testing protocols which apply to all athletes from recreational to Olympians.

**"Make the Call"** deals with ethical decision-making as well as supplements, substances, and drugs in sport. It's a scenario-driven e-learning course that presents learners with a situation that they might well encounter in their sport experience, provides the needed info to base their decision on, and asks them to determine if it fits with their values and principles. There are also supplemental materials that can be used by teachers and/or coaches to further the conversation about those topics. It's a great primer for high-school-aged athletes. It can be found free of charge at this address: <http://cces.ca/make-the-call>. There is also a free version of the Centre's primary e-learning course, **"True Sport Clean"**. It covers the Canadian Anti-Doping Program and related topics (including performance-enhancing drugs, supplements, and more). True Sport Clean Untracked is available here: <http://cces.ca/truesportclean101untracked>.

## **Mental Skills, Nutrition, Other Athlete Education**

Canadian Sport Institute Pacific's (CSI Pacific) is happy to announce that they have made their Sport Performance Speaker Series free to the general public. Previously limited to only targeted, high performance



athletes and coaches, CSI Pacific has opened the education program up to anyone with an interest in cutting edge sport science, practical solutions to performance barriers, and thoughtful conversations with Canada's best athletes.

Having recently completed a re-design of their Speaker Series On-Demand webpage (<http://www.csipacific.ca/athletes/sport-education/on-demand/>), CSI Pacific chose to allow access to anyone interested in

high performance sport in Canada to find out more via a collection of webinars and recorded events. Topics and seminars are across eight key disciplines:

- Coaching
- Life Services
- Medical Sciences
- Mental Performance
- Nutrition
- Performance Analysis
- Physiology
- Strength & Conditioning

Webinars and recordings range from a deep dive into a featured topic (e.g. Nutrition) to more simplified, unique presentation material, all of which provide insight about elite sport in Canada. The Sport Performance Speaker Series is an all-encompassing education experience where viewers can download *Podiumcast* interviews, watch mini-series events that build on one another, and engage certificate programs that incorporate follow-up tests to cement the learning. This collection of in-depth information is ideal for sport teams, clubs, or anybody with a passion for high performance sport. To find out more and to download these video and audio files, go to: <http://www.csipacific.ca/athletes/sport-education/on-demand/>

## **Pacific Sport Fraser Valley**

The Club has teamed with Pacific Sport Fraser Valley to ensure available education and support is made available to Surrey United members on a regular, on-going basis. You can find more information about this valuable partner on their website found here: <http://www.pacificsportfraservalley.com/about>

## **Surrey United Sports Medicine (Coaches) Forms**

The Club has posted several forms under our “Coach” tab on our website to assist coaches in recording and managing team injuries and recovery schedules. These resources are made available as they are developed, and we encourage all coaches to utilize the forms as they require.

# **Additional Resources**

## **Athletic Performance and Injury Prevention**

Sport For Life – Movement Preparation

## **Concussion Resources**

CSA Concussion Guidelines

Concussion Awareness Training Tool (all players, parents and coaches should complete this brief online course)

FIFA's Pocket Concussion Recognition Tool

Coach.ca – Concussion Awareness for parents, coaches and athletes

BC Soccer Association Return to Play – Concussions

## **Nutrition**

FIFA Nutrition for Football

Sip Smart BC (Helping your child to make healthy drink choices)

## **Muscle Cramping**

Canadian Sport Centre Fact Sheet – Cramping

## **Anti-Doping**

<http://cces.ca/athletezone>

## **Additional Resources**

BC Soccer Association Sport Science Page

BC Soccer Association Sport Accident Insurance Claims



# HEAD INJURY PROTOCOL

The Club adheres to the BC Soccer Association's *Return to Play Policy for concussions* which includes the following return to play protocol:

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. A signed Injury Return to Play form will be required before an athlete may return to play.

**Step One:** No activity, complete rest. Once the athlete is asymptomatic, they proceed to level two. The athlete spends, at the minimum, one day at each stage.

**Step Two:** Light aerobic exercise such as walking or stationary cycling, no resistance training. Performing step two without symptoms allows the athlete to proceed to level three. If symptoms return, the athlete moves back on stage then continues.

**Step Three:** Sport specific training (e.g. skating in hockey, running in football), progressive addition of resistance training at steps three or four. Performing step three without symptoms allows the athlete to proceed to level four.

**Step Four:** Non-contact training drills. Performing step four without symptoms allows the athlete to proceed to level five.

**Step Five:** Full contact training after medical clearance. Performing step five without symptoms allows the athlete to proceed to level six.

**Step Six:** Game Play

STEP 1: NO ACTIVITY,  
COMPLETE REST

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STEP 2: LIGHT AEROBIC  
EXERCISE

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STEP 3: SPORT SPECIFIC  
TRAINING

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STEP 4;  
NON-CONTACT TRAINING  
DRILLS

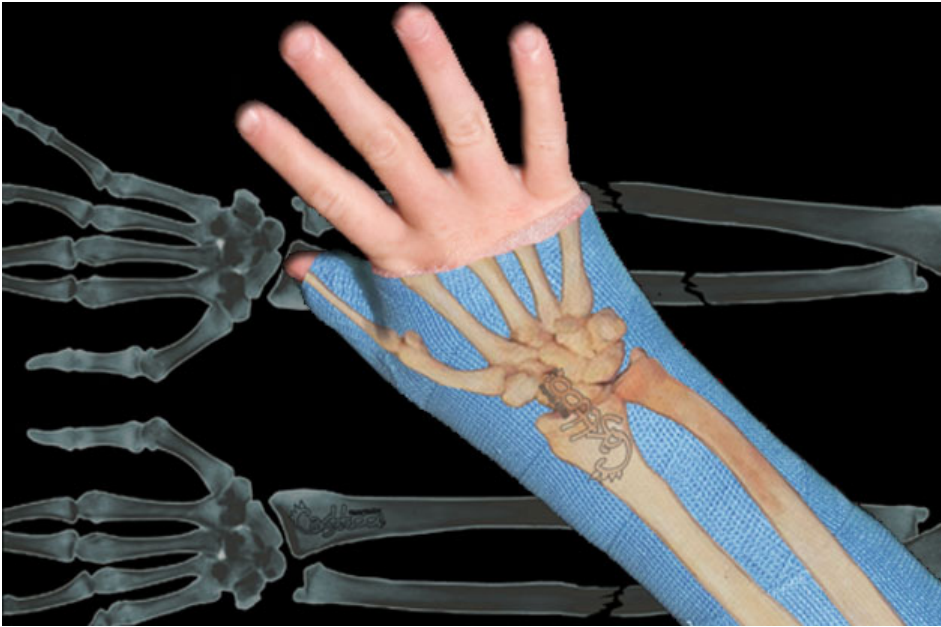
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STEP 5: FULL CONTACT  
TRAINING

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STEP 6: GAME PLAY





# CASTS AND MEDICAL HARDWEAR PROTOCOL

Players may use equipment that has the sole purpose of protecting the individual physically, providing that it poses no danger to the individual or any other player.

The following casts and hardware are allowable:

1. Hard Casts (provided there is adequate padding)
2. Soft casts
3. Knee braces (some may require a protective sleeve)
4. Insulin pumps

Ultimately during games, the referee will assess each case and make a final decision.

**HARD CASTS WITH  
ADEQUATE PADDING**

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**SOFT CASTS**

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**KNEES BRACES**

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**INSULIN PUMPS**

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Any reliance upon or use of this information from this website is at your own risk.*





# ANKLE SPRAIN PROTOCOL

Surrey United adheres to the advice of its sports therapy partner, Physiostation for ankle sprain protocols as follows:

- RICE for first 24-48 hours (rest and use crutches if necessary, ice for 20 minutes of every hour, compression with tensor when not icing, elevate limb above level of heart).
- See Physiotherapist within 24-48 hours to assess Grade of ankle sprain.
- Grade 1 (overstretched but not torn)
  - Rehabilitation and return to sport 2-3 weeks.
- Grade 2 (partial tear)
  - May require immobilization in walking boot or brace and crutches.
  - Rehabilitation for return to sport 4-6 weeks.
  - Return to sport will likely require tape/brace for the initial 6-12 week period post ankle sprain.
- Grade 3 (complete tear)
  - Immobilize ankle in a walking boot.
  - Crutches.
  - Rehabilitation for return to sport 3 months or more.

RICE

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SEE  
PHYSIOTHERAPIST

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ASSESS GRADE OF  
SPRAIN

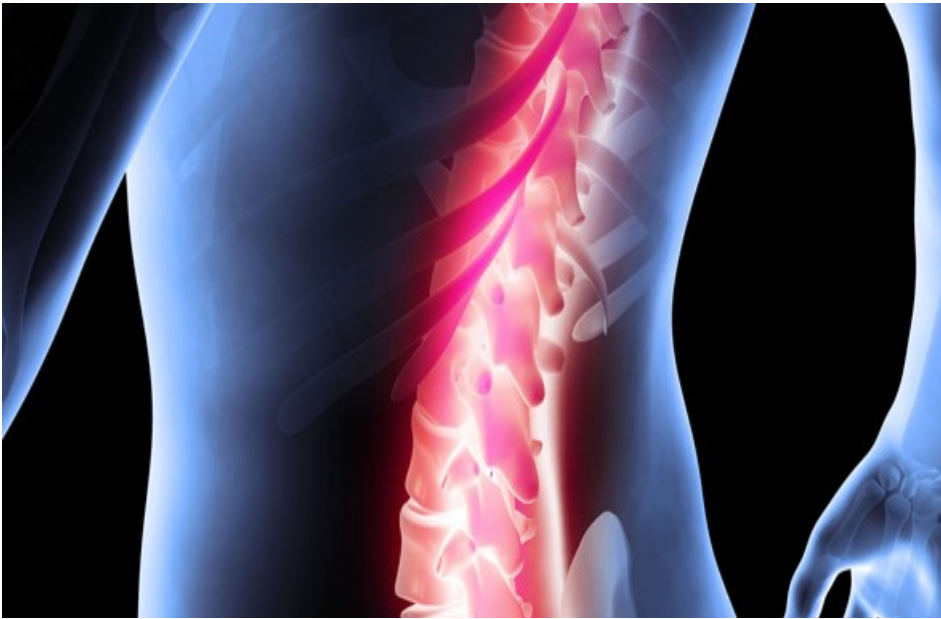
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FOLLOW GRADE  
LEVEL PROTOCOLS

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# NECK/SPINE INJURY PROTOCOL

Surrey United adheres to the advice of its sports therapy partner, Physiostation for neck/spine injury protocols as follows:

**\*\*These injuries require great care\*\***

- Do NOT manipulate the neck of the injured athlete; they may attempt some small movement on their own if comfortable with it and assisted off the field.
- Any numbness or tingling of the arms or legs associated with neck pain after contact is considered a serious injury.
- Call for EMS (dial 911) for transportation and evaluation of the athlete.
- While waiting for the ambulance immobilize the head and cervical spine to protect the spinal cord.
- Return to sport following a neck injury depends on the severity of the injury and the structures involved.

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**DO NOT  
MANIPULATE NECK**

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**NUMBNESS IS  
SERIOUS**

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**TINGLING IS  
SERIOUS**

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**CALL 911**

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**IMMOBILIZE NECK**





# FRACTURE PROTOCOL

Surrey United adheres to the advice of its sports therapy partner, Physiostation for potential or actual fracture injury protocols as follows:

- Call for EMS (dial 911) for transportation of the athlete to hospital for evaluation.
- A suspected fracture should be stabilized, and RICE applied while waiting for the ambulance.
- The average bone healing time is between 6-12 weeks, with children's bones healing faster than adults.
- Other factors affecting bone healing is type and site of the injury.
- Return to sport post fracture ranges from 3-6 weeks to 12 months.

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**CALL 911**

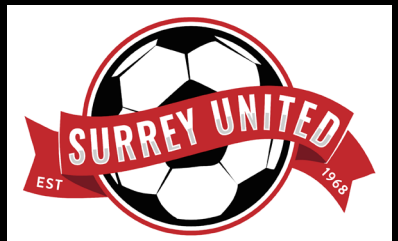
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**STABILIZE  
SUSPECTED  
FRACTURE**

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**RICE INJURED AREA  
WHILE AWAITING  
HOSPITAL  
TRANSPORT**

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# MUSCLE STRAIN PROTOCOL

Surrey United adheres to the advice of its sports therapy partner, Physiostation for muscle strain protocols as follows:

- RICE for first 24-48 hours (rest and use crutches if necessary, ice for 20 minutes of every hour, compression with tensor when not icing, elevate limb above level of heart).
- See Physiotherapist within 24-48 hours to assess Grade of muscle strain.
- Grade 1 (damage to muscle fibers is less than 5% of fibers)
  - Rehabilitation and return to sport 2-3 weeks.
- Grade 2 (more extensive damage to muscle fibers)
  - Compression with tensor and use of crutches.
  - Rehabilitation for return to sport 4-6 weeks.
  - Return to sport may require tape/brace/compression for the initial 6-12-week period post muscle strain.
- Grade 3 (complete rupture of muscle)
  - May require surgery to repair muscle, refer to Doctor.
  - Crutches and compression of muscle.
  - Conservative rehabilitation for return to sport 3 months or more.
  - Return to sport likely to require tape/brace/compression to support the muscle.

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RICE

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SEE  
PHYSIOTHERAPIST

---

ASSESS GRADE OF  
STRAIN

---

FOLLOW GRADE  
LEVEL PROTOCOLS

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