

**Subject:** CYSA - Recreational Soccer Important Safety Information

**Date:** Wednesday, August 12, 2015 at 10:15:43 AM Eastern Daylight Time

**From:** Bill Bagley

**To:** Brandon Lemois

Hi Everyone:

As we continue to prepare for our upcoming recreational season, I am writing with some additional information, this time focusing on a few of our safety issues.

#### CLEATS

Although we recommend cleats, your child may wear sneakers or cleats to participate in our program. If your child does wear cleats, he/she MUST wear "soccer" cleats. The major difference between soccer and baseball shoes is the pattern of the cleats on the bottom. On soccer cleats, you will notice there is never a single cleat at the very front tip. The reason there is not a single cleat at the front is because it can easily cause injury to an opposing player's shin. Soccer cleats typically have two front cleats that are spread apart. If you need help with this when shopping, ask someone at the store to help you.

Soccer shoes can be worn for Little League baseball, but baseball shoes cannot be worn for soccer. If you're only going to buy your child one pair of shoes for both sports, buy soccer shoes. In CYSA, as in most youth soccer leagues, our referees are instructed to check the cleat pattern of each player's shoes before a game. If a player is wearing baseball shoes, he/she will not be permitted to play.

#### CASTS

CYSA does not permit children wearing casts to participate in our program. There are no exceptions to this rule. It is for the safety of the injured child and for other players on the field. If your child is precluded from participating in our recreational program because he/she is required to wear a cast, we will prorate your fees for each week that he/she cannot participate.

#### CONCUSSIONS

As many of you know, concussions have become a very serious issue in all youth sports, including soccer. Accordingly, we are asking all of our coaches to participate in the CDC Heads Up Concussion Course so they can identify the symptoms associated with a concussion.

If your child suffers a head injury during a practice or training, your child's coach and/or CYSA Board Member will make an initial determination as to whether he/she may continue to play. If your child shows any signs of a concussion, we will remove them from play, and we will err on the side of caution when making this decision. Any child removed from a game or practice with concussion-like symptoms must be cleared by a health care provider before returning to play.

If your child is precluded from participating in our recreational program because of he/she is suffering from a concussion, we will prorate your fees for each week that he/she cannot participate.

#### PARKING

We know it sometimes becomes crowded at Diamond Hill. Each Saturday, we line cones along one side of the road that passes by the fields. Please do not block or park in this area as it is there in the event that emergency vehicles are called to Diamond Hill to attend to one of our players, coaches, volunteers or parents.

Regards,  
Bill Bagley  
CYSA, President