



CONCUSSION POLICY

Intro

Bel Passi Baseball Inc. is committed to ensuring the safety of youth athletes while at Bel Passi and when participating in any league sponsored events. Bel Passi Baseball Inc. recognizes that educating key individuals, including youth athletes, parents, coaches, and the leagues' Executive Board about prevention and early recognition of concussions remains the most important component of improving the care of youth athletes with concussions.

Bel Passi Baseball Inc. is aware that head injuries, including concussions, can happen to any athlete. The league has developed procedures to address head injuries that occur during practice, games and league sponsored events. Additionally, Bel Passi Baseball Inc. is committed to providing youth athletes who have experienced a concussion, a plan to ease back into the game, "return to play".

Definitions:

Concussion: is a brain injury that is characterized by an onset of impairment of cognitive and/or physical functioning.

- Concussion may be caused either by a direct blow to the head, face, or neck or blow to the body that causes a sudden jarring of the head
- Concussion typically results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously
- Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury
- A concussion can occur with or without the loss of consciousness and proper management is essential to the immediate safety and long-term future of the injured player

Health care provider: a person to whom all of the following apply:

- holds a credential that authorizes the person to provide health care
- is trained and has experience in evaluating and managing pediatric concussions and head injuries
- is practicing within the scope of his or her credential

Credential: a license or certificate of certification issued by the state of California.

Return to Play: means to participate in a non-medically supervised practice or athletic competition.

Cleared to Participate: means that the youth athlete has been symptom free for 48 hours, or more, and has been released to return to play by an appropriate licensed healthcare provider as defined above. A return to play approval MUST be in writing.

What Are the Signs and Symptoms of Concussion?

Concussion signs are things you can observe about the athlete. These include but are not limited to:

- Behavior or personality changes
- Blank stare, appears dazed or stunned
- Lethargy
- Changes to balance, coordination, reaction time
- Delayed or slowed spoken or physical responses
- Disorientation (confused about time, date, location, game)
- Loss of consciousness/blackout (occurs in less than 10 percent of cases)
- Memory loss of event before, during, or after injury occurred
- Slurred/unclear speech
- Trouble controlling emotions
- Vomiting

Concussion symptoms are things the athlete tells you are happening. These include:

- Blurry vision/double vision
- Confusion
- Dizziness

- Feeling hazy, foggy, or groggy
- Feeling very drowsy, having sleep problems
- Headache
- Inability to focus, concentrate
- Nausea (stomach upset)
- Not feeling right
- Numbness or tingling
- Sensitivity to light or sound

Mandated training for Coaches and League Executive Board Members:

1. Prior to the start of each baseball season, each coach will complete a concussion management certification training course offered by the [National Federation of State High School](#)
 - a. A coach should not coach an athletic activity until the coach completes the required training course; this includes Assistant Coaches
 - b. A copy of the Certificate must be provided to the President before the first day of practice
 - c. As a further resource, it is also strongly recommended that Coaches complete the free online course Heads Up: Concussion in Youth Sports at [Centers for Disease Control and Prevention](#)
2. At the beginning of the baseball season, the President shall distribute a concussion and head injury information sheet to:
 - a. each person who will be coaching at Bel Passi Baseball Inc.
 - b. each person who wishes to participate in baseball at Bel Passi Baseball Inc.
 - c. each person serving on the Executive Board
3. At the beginning of the season, each person who will be coaching must sign and return to the league an acknowledgement of their receipt and review of concussion and traumatic brain injury information (Coaches Agreement)
4. At the beginning of the season, an athlete desiring to participate in baseball and the athlete's parent or guardian must sign and return to the League an acknowledgement of their receipt and review of concussion and traumatic brain injury information (Parent and Athlete Agreement)

- a. An athlete should not be allowed to participate in any athletic event, including practice or training, until the athlete and their parent has signed and returned the Parent and Athlete Agreement Form.
 - b. These signed information sheets shall be collected by the coach/team parent of the team and given to the President
5. Prior to the start of each season, the leagues' Executive Board shall be provided education on concussions including:
- a. Information on how concussions can affect a youth athlete
 - b. Concussion return to play protocol
 - c. Signs and symptoms to be aware of
 - d. Graded concussion symptom checklist

Mandated Course of Action for a Head Injury occurring during a practice or a game:

The following mandated course of action shall apply to all Bel Passi sponsored activities (regular season games/practice, tournament games, and PONY games)

ATHLETES:

1. If a youth athlete experiences any of the above signs and/or symptoms of a concussion following an injury, contact event, or blow to the head, face, neck or a blow to the body that causes a sudden jarring of the head, he or she shall be immediately removed from the athletic event, game, or practice and shall not return to play until he or she is cleared to participate by an appropriate licensed healthcare professional. **(WHEN IN DOUBT, KEEP THEM OUT!)**
 - a. Any youth athlete **suspected** of having a concussion should be evaluated by an appropriate licensed health care provider, trained in the evaluation and management of concussions, **within 24 hours** of injury, contact event, or blow to the head, face, neck or a blow to the body that causes a sudden jarring of the head.
 - b. No youth athlete shall be permitted to return to play until he or she **has not exhibited the signs and/or symptoms of a concussion for 48 hours, or more, and is medically cleared to participate** by an appropriate health care professional, trained in the evaluation and management of concussions.

- c. The athlete must receive **written clearance** from an appropriate health care professional, that states **the athlete is asymptomatic at rest and may begin a graduated return-to-play protocol**. The written clearance **must** be provided to the President of Bel Passi Baseball.
- d. The athlete **must complete** the graduated return to play protocol before being allowed to participate in a game.

COACHES:

1. Coaches (head and assistants) will NOT be expected to “diagnose” a concussion, as that is the job of an appropriate licensed health care professional. Coaches shall use their best judgement in observing the signs and/or symptoms of a concussion.
2. During practices or games away from the Home Field (Bel Passi Baseball) the **COACH** shall remove an athlete from play if the player exhibits signs, symptoms, or behavior consistent with a concussion or head injury OR if the **COACH** suspects the person has sustained a concussion or head injury, in order to minimize the risk of further injury.
 - a. If an Executive Board Member attends a practice or away game they **can override** the Coaches decision not to remove a player from the athletic activity
 - b. If an Executive Board Member attends a practice or away game they **cannot override** the Coaches decision to remove the player from the athletic activity
 - c. The COACH will notify the parent or guardian when an athlete is removed from play because they are thought to have a concussion.
 - i. The COACH will provide the parent/guardian with the following forms; Concussion Parent Notification, Return to Play Protocol, Graded Concussion Symptom Checklist, Physician Letter to Bel Passi
 - ii. The COACH will notify the President of Bel Passi Baseball within two hours of removing any athlete from play

EXECUTIVE BOARD MEMBERS:

1. Executive Board Members will NOT be expected to “diagnose” a concussion, as that is the job of an appropriate licensed health care professional. Executive Board Members shall use their best judgement in observing the signs and/or symptoms of a concussion.
2. During games at Bel Passi Baseball the **EXECUTIVE BOARD MEMBER ON DUTY** shall remove an athlete from play if the player exhibits signs, symptoms, or behavior consistent with a

concussion or head injury OR if the **EXECUTIVE BOARD MEMBER ON DUTY** suspects the person has sustained a concussion or head injury, in order to minimize the risk of further injury.

- a. The EXECUTIVE BOARD MEMBER will notify the parent or guardian when an athlete is removed from play because they are thought to have a concussion.
 - i. The EXECUTIVE BOARD MEMBER will provide the parent/guardian with the following forms; Concussion Parent Notification, Return to Play Protocol, Graded Concussion Symptoms Checklist, Physician Letter to Bel Passi
 - ii. The EXECUTIVE BOARD MEMBER will notify the President of Bel Passi Baseball within two hours of removing any athlete from play

MONITORING THE ATHLETE

1. A Coach, Executive Board Member or health care provider shall observe the athlete for signs and symptoms of concussion for a minimum of 30 minutes
2. A Coach or Executive Board Member shall complete the Concussion Signs and Symptoms Checklist and monitor athletes consistently during the observation period.
 - a. Do not allow a concussed athlete to go to the dugout alone
 - b. Never allow the injured athlete to leave practice or a game without notifying the parent/guardian
3. First aid shall be provided to any athlete who has been removed from any activity under these procedures as appropriate
4. A Coach or Executive Board member shall monitor the athlete for worsening symptoms. The following are reasons to activate the EMS, as any worsening signs or symptoms may represent a medical emergency:
 - a. Loss of consciousness, this may indicate more serious head injury
 - b. Decreasing level of alertness
 - c. Unusually drowsy
 - d. Severe or worsening headache
 - e. Seizure
 - f. Persistent vomiting
 - g. Difficulty breathing

RETURN TO PLAY

1. The league will not permit an athlete to return to play (RTP) or practice on the same day of a concussion
2. The league will not permit the athlete to return to play until the athlete has been assessed by an appropriate health care professional, trained in the evaluation and management of concussions
 - a. A return of symptoms indicates inadequate recovery from the concussion
 - b. If symptoms return while on the protocol, once the athlete is asymptomatic again for 24 hours, the previous step may be attempted again
 - c. Any athlete who continues to have a return of symptoms with exertion should be re-evaluated by his or her health care provider
3. The league will maintain records of all athletes removed from play for suspected and/or confirmed concussions and corresponding written clearances provided by health care providers to return to physical activity

COMPLIANCE:

1. Any Coach (head or assistants) that disregards the safety and well-being of an athlete as it relates to this Concussion Policy will be immediately suspended from coaching at Bel Passi Baseball.
2. Any Coach (head or assistants) that misuse this policy to prohibit an otherwise healthy, fit, uninjured player from participating in practice, a game or other Bel Passi sponsored event will immediately be suspended from coaching at Bel Passi Baseball.

ACKNOWLEDGMENT:

1. All coaches (head or assistants) shall be required to sign an acknowledgement confirming receipt and understanding of the Concussion Policy.
2. All parents or guardians of youth athletes participating in Bel Passi Baseball sponsored events, practices or games shall be required to sign an acknowledgement confirming receipt and understanding of the Concussion Policy and Concussion Information Sheet

DISTRIBUTION OF EDUCATIONAL MATERIAL:

1. Bel Passi Baseball is required to issue informational material to the Coaches, Executive Board and parents and/or guardians of all athletes participating in baseball at Bel Passi.

PLACEMENT OF CONCUSSION POLICY ON WEBSITE:

1. Bel Passi Baseball will post the concussion policy, all required forms and educational material on our website at www.belpassibaseball.org.