

## Concussion

A concussion is a type of a traumatic brain injury - or TBI- caused by a bump, blow or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth within the skull creating chemical changes in the brain and sometimes damaging brain cells. Concussions are usually not life-threatening but still can be serious. In rare cases, a dangerous collection of blood (hematoma) may form that presses the brain against the skull. If any physical or behavioral changes are noticed call 911 right away or have the parent transport to an emergency center for evaluation.

The Center for Disease Control and Prevention estimates that as many as 3.8 million sports and recreation related concussions occur in the United States each year.

In mid-November of 2011, Pennsylvania Governor Tom Corbet signed the Act of Nov. 9, 2011, P.L. 411, No.101, known as the Safety in Youth Sports Act, into law. This law requires the Department of Health and the Department of Education develop guidelines and materials on concussions. For more on this law visit <https://www.health.pa.gov/topics/school/Pages/Concussion.aspx>

We encourage all managers, coaches, and volunteers to take the free online concussion training at the Center For Disease Control website [www.cdc.gov/headsup/youthsports](http://www.cdc.gov/headsup/youthsports)

## Dillsburg Youth Baseball Concussion Protocol

Purpose: To provide direction for Coaches and Managers in the event of a suspected concussion due to injury.

Should a player be struck in the head during any game or practice OR have a forceful collision with another player the following actions should be taken:

*If player is struck and is laying on the ground:*

- \* **If the player is unconscious, do not move them. Call 911 immediately.**
- If a player is conscious and laying on the ground, do not allow the player to stand for at least three minutes (time needed to assess injury) Apply ice to injured area
- Assess for the following symptoms (or anything unusual for the individual).
  - *Disorientation to surroundings*
  - *Blurred or double vision, ringing in the ear(s)*
  - *One pupil larger than the other*
  - *Nausea, vomiting, convulsions or seizures (shaking or twitching)*
  - *Vacant look or stare*
  - *Slurred speech, weakness, numbness or decreased coordination*
  - *Headache or pressure in the head that gets worse and does not go away*
  - *Sensitivity to light or noise*
  - *Unusual behavior, increased confusion, restlessness or agitation*
  - *Just not "feeling right" -shows mood, personality or behavior changes*
- Should the player exhibit any of the above listed symptoms or show anything concerning beyond these symptoms, remove the player from the game and notify their parent/guardian immediately. The player must be evaluated at an emergency room or by their family physician before returning to practice/games. **The parent must provide the manager/Safety Officer with a written clearance from a provider** indicating that the player has been cleared and is able to play again without restrictions. **There will be NO exceptions.**

*If a player is standing after being struck in the face or head (or colliding with another player)*

- Assess the player for any of the above listed symptoms. Apply ice to the injured area.
- Should the player in your judgement **NOT** exhibit any of the above listed symptoms (or anything unusual for them), they may return to play at the managers discretion (but continue to observe for symptoms). An incident report must be completed, and parent/guardian notified. Advise the parent of the incident and encourage them to monitor for symptoms for next 24 hours. Have the parent/guardian sign the incident report that they are aware and are now assuming responsibility. The parent/guardian will not be required to have the player medically cleared as long as no symptoms are observed while under care of DYB team manager or coaches.

**Key Points About Concussions:**

- ✓ Not every player will present with the same symptoms so pay close attention to what they are doing after the injury
- ✓ It is important to not allow the player back into the game or practice because sometimes the effects of a concussion do not present right away and will happen up to an hour after the injury. Act in the best interest of the individual especially if history or previous concussions.
- ✓ You can still get a concussion if you are wearing a helmet and can occur from indirect hits to the head too.

**Important Information for Coaches:**

Should a parent argue the fact that you are taking the player out of the game. Instruct them that you are not permitted to allow the player to continue to play per the protocol that has been put into place to protect the player from additional injury and they may see a board member if they do not agree with the decision.

This protocol has been put into place to help guide you during the event of an injury and must be followed. Should there be a time when protocol is not being followed, it is at the discretion of the Board to counsel or remove a coach or manager who does not have the best interest of the player in mind.

***Failure to follow protocol may result in the following:***

- 1st offense - Removal from game or next physically played game
- 2nd offense - Three game suspension
- 3rd offense - Suspension for remainder of season and review by board to discuss future managing/coaching opportunities

I affirm that I have read and understand the Dillsburg Youth Baseball Concussion Protocol and I promise to adhere to all the rules and regulations therein.

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Print Name of Team Manager/Coach

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Team Name and Division

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Signature of Team Manager/Coach

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Date