



Policy on Concussion Procedure and Protocol

Concussion:

A traumatic brain injury that interferes with normal brain function. Medically, a concussion is a complex, pathophysiological event to the brain that is induced by trauma which may or may not involve a loss of consciousness (LOC). Concussion results in a constellation of physical, cognitive, emotional, and sleep-related symptoms. Signs or symptoms may last from several minutes to days, weeks, months or even longer in some cases

Pennsylvania Senate Bill No. 200, known as the “Safety in Youth Sports Act,” was signed into law 2011, establishes standards for managing concussions and traumatic brain injuries to student athletes. Ephrata Baseball Association will follow the guidance set forth in this act.

Our organization shall be required to provide educational materials to our members- including but not limited to coaches, players and parents. Materials may be in electronic or traditional formats. Efforts will be made to educate all coaches providing the options available by the Center for Disease Control (CDC).

Any player exhibiting the signs or symptoms of a concussion or traumatic brain injury while participating in sanctioned baseball activity (training, games, tournaments, scrimmages) shall be removed by the coach from participation at that time. In addition, coaches should not allow a child to participate if they are aware of a concussion received from another activity, outside of their direct authority. The coach shall not return a child to baseball participation until the child is evaluated and cleared for return to participation in writing by an a licensed physician who is trained in the evaluation and management of concussions or a licensed or certified health care professional trained in the evaluation and management of concussions and designated by such licensed physician.

CONCUSSION SIGNS, SYMPTOMS, AND MANAGEMENT AT TRAINING AND COMPETITIONS

Step 1:

Did a concussion occur?

Evaluate the player and note if any of the following signs and/or symptoms are present:

- (1) Dazed look or confusion about what happened.
- (2) Memory difficulties.
- (3) Neck pain, headaches, nausea, vomiting, double vision, blurriness, ringing noise or sensitive to sounds.
- (4) Short attention span; can't keep focused.
- (5) Slow reaction time, slurred speech, bodily movements are lagging; fatigue, and slowly answer questions or has difficulty answering questions.
- (6) Abnormal physical and/or mental behavior.
- (7) Coordination skills are behind, ex: balancing, dizziness, clumsiness, reaction time.

Step 2:

Is emergency treatment needed?

This would include the following scenarios:

- (1) Spine or neck injury or pain.
- (2) Behavior patterns change, unable to recognize people/places, less responsive than usual.
- (3) Loss of consciousness.
- (4) Headaches that worsen
- (5) Seizures
- (6) Very drowsy, can't be awakened
- (7) Repeated vomiting
- (8) Increasing confusion or irritability
- (9) Weakness, numbness in arms and legs

Step 3:

If a possible concussion occurred, but no emergency treatment is needed, what should be done now?

Focus on these areas every 5-10 min for the next 1 - 2 hours, without returning to any activities:

- (1) Balance, movement.
- (2) Speech.
- (3) Memory, instructions, and responses.
- (4) Attention on topics, details, confusion, ability to concentrate.
- (5) State of consciousness
- (6) Mood, behavior, and personality
- (7) Headache or "pressure" in head

- (8) Nausea or vomiting
- (9) Sensitivity to light and noise

Players shall not re-enter competition, training, or partake in any activities for at least 24 hours. Even if there are no signs or symptoms after 15-20 min, activity should not be taken by the player.

Step 4:

A player diagnosed with a possible concussion may return to play only after release from a licensed physician who is trained in the evaluation and management of concussions or a licensed or certified health care professional trained in the evaluation and management of concussions and designated by such licensed physician