

Nestucca Youth Baseball and Softball

CONCUSSION POLICY

A concussion is type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a seemingly minor “ding” can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

Nestucca Youth Baseball and Softball recognizes the potential danger and long-term health consequences of this often difficult to diagnose form of traumatic brain injury. This policy is intended to provide easy to understand guidelines related to players who are suspected of having a concussion or have been diagnosed with a concussion.

Coaches, on their own time, will watch one of the following videos in its entirety at least once each year. Upon completion of the training course, print the certificate and return it to Shane Stuart.

- a) CDC Heads up-Concussion in Youth Sports Online Training for Coaches
 - a. <http://www.cdc.gov/concussion/headsup/youth.html> (to save/print the certificate from CDC- do a “print screen” and paste that into Word, Powerpoint, Paint, etc.)
- b) NFHS Concussion in Sports-Free Training Course
 - a. <http://nfhslearn.com/electiveDetail.aspx?courseID=38000>

Prior to each season, coaches will receive a copy of the CDC’s “A Fact Sheet for Coaches” and “Signs and Symptoms/Action Plan”. During a game or practice session, coaches will follow the “Action Plan” if they suspect a player may have a concussion and must report the incident to Shane Stuart.

Action Plan

- a) Remove athlete from play.
- b) Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
- c) Inform the athlete’s parents or guardians about the known or possible concussion and give them “A Fact Sheet for Parents”.
- d) Allow the athlete to return to play only with the permission from an appropriate health care professional.