

## **MSHYB Concussion Protocol**

There is a significantly stronger focus today in youth sports on preventing, recognizing, and obtaining immediate treatment for concussions and head injuries. As a result, all MSHYB coaches are required to be certified in NYSCA's concussion training. Although the incidence of concussions in youth baseball is, thankfully, low, all it takes is one incident to impact us all. As a result, MSHYB would like to make you aware of some resources available to all coaches, parents, players and volunteers for education on this issue and the protocol that is mandated for participants in MSHYB.

MSHYB strongly encourages everyone to visit the CDC website and become familiar with the information available. It is free and it could help prevent serious injury or even death. The link to the website is provided below. In addition, attached hereto is the Concussion Fact Sheet for Youth Sports Parents.

### **MSHYB Concussion Protocol:**

1. All coaches, board members and Officers of the Day must complete a concussion awareness clinic through NYSCA. In addition, concussion-awareness educational materials are provided annually to all players and their parents/guardians, who must then acknowledge receipt of such materials.
2. Any player (or coach or umpire) who has sustained a head injury or who is suspected of having sustained a head injury **MUST** be seen and treated by a licensed health care professional for evaluation and clearance. If the incident at issue occurs during a game then the player must be removed from the game immediately and shall not return to the playing field (either a game or practice) until cleared by a health care professional. If there is any dispute about whether or not an injury has occurred, then the Officer of the Day shall consult with the child and his parents to make a determination on whether the child should remain in the game or not. For purposes of this paragraph, a head injury shall not refer to an abrasion or cut that in no way has any indications of a concussion, rather it shall refer to a head injury that could potentially have caused a concussion.
3. In the event that any player has sustained a concussion or head injury, such player's manager must immediately report that to MSHYB at [info@mshyb.com](mailto:info@mshyb.com). Please provide the name of the player and the date of the suspected injury.
4. Once the player has been cleared to return to play by a health care professional, the league must be provided with a written note from their health care provider clearing them to return to play. No player (or coach or umpire) will be allowed to return to the playing field (either practice or a game) until written medical clearance is received by MSHYB.

MSHYB also has in place other policies and rules designed to prevent head injuries and concussions from occurring. These include (1) the prohibition of on-deck batters, (2) restrictions on when and where players may handle bats during games and warm-ups and at the batting cages and (3) the use of certified batting helmets with faceguards.

**CDC Website Resources:**

[CDC Heads Up for Youth Sports Website](#)

# A Fact Sheet for YOUTH SPORTS PARENTS



This sheet has information to help protect your children or teens from concussion or other serious brain injury.

## What Is a Concussion?

A concussion is a type of 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 quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - › Work with their coach to teach ways to lower the chances of getting a concussion.
  - › Emphasize the importance of reporting concussions and taking time to recover from one.
  - › Ensure that they follow their coach's rules for safety and the rules of the sport.
  - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

## How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to or after* a hit or fall.

### Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

## GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

**Concussions affect each child and teen differently.** While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



## Plan ahead.

What do you want your child or teen to know about concussion?

## What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.



You can also download the CDC **HEADS UP** app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

## What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

➤ **Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.**

Revised 12/2015



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)