

Shelton Little League Concussion Protocol

1. Education (Annual Requirement)

- All coaches, volunteers, and league officials must review concussion training every year.
- Little League strongly recommends using the CDC's **HEADS UP** concussion training and materials. [littleleague.org], [cdc.gov]
- **Parents and players must receive and sign a concussion information sheet before participation**

2. Recognition of a Possible Concussion

A player must be evaluated if they experience a **bump, blow, or jolt** to the head or body and exhibit any symptom.

Common Symptoms

- Headache
- Dizziness
- Confusion or appearing “out of it”
- Nausea/vomiting
- Light/noise sensitivity
- Trouble remembering or concentrating
- Behavior changes

Symptoms may appear immediately or hours later.

3. Immediate Removal From Play

If a concussion is **suspected**, even if the player “feels fine”:

Remove immediately for the rest of the day

- They **may NOT** return to the game or practice on the same day.
- This requirement is part of Little League guidance and most state youth-sports laws.

Notify a parent/guardian

Inform them of:

- Time and nature of injury
- Observed symptoms
- Any treatment provided

4. Medical Evaluation Required

- A player cannot return to any baseball activity until:
- Evaluated by a licensed healthcare provider trained in concussion management
- Provides written medical clearance to return to play
- This requirement is found in Little League concussion guidelines and state laws.

5. Return-to-Play (RTP) Protocol

If a concussion is confirmed, the athlete must complete a gradual RTP progression, typically taking at least 7 days, under provider supervision.

Standard RTP steps:

1. No activity / full rest
2. Light aerobic exercise
3. Sport-specific drills (no head impact)
4. Non-contact training
5. Full-contact practice (with written clearance)
6. Return to competition
7. When in doubt, sit them out

If symptoms return, repeat the prior step.

6. Documentation

- Keep signed concussion forms on file.
- Log all head injuries, symptoms, evaluations, removals, and clearance notes.
- Many states legally require annual parent/team documentation.

7. League Safety Expectations

Little League expects local leagues to:

- Follow state concussion laws
- Maintain a written concussion policy
- Educate staff and families annually
- Use CDC HEADS UP resources (strongly recommended)
- Prioritize immediate removal and medical evaluation