**Concussion Policy**

**1. Purpose**

The purpose of this policy is to promote the safety and well-being of all participants in BAYBA programs by providing education and procedures regarding the prevention, recognition, and appropriate response to concussions.

**2. Definition of Concussion**

A concussion is a type of traumatic brain injury 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. Even what seems to be a mild bump or blow to the head can be serious.

**3. Education**

* Coaches and Volunteers: All BAYBA coaches must complete an approved concussion awareness training course (such as the CDC’s “Heads Up” program) annually.
* Parents and Guardians: At the start of each season, BAYBA will provide educational materials about concussions to all parents and guardians.
* Players: Age-appropriate concussion education will be provided to players to promote self-reporting and understanding.

**4. Recognition of Concussion**

Signs and symptoms may include:

* Confusion or appearing dazed
* Headache or “pressure” in the head
* Nausea or vomiting
* Balance problems or dizziness
* Double or blurry vision
* Sensitivity to light or noise
* Concentration or memory problems
* Slurred speech
* Loss of consciousness (even briefly)

If a player is suspected of having sustained a concussion, they will be removed from play immediately.

**5. Removal from Play**

Any athlete suspected of having a concussion:

* Will be immediately removed from the game or practice.
* Will not return to play on the same day.
* Must be evaluated by a licensed healthcare professional experienced in concussion management.

**6. Return to Play**

A player who has been removed for a suspected concussion may not return to practice or game play until:

1. They have been symptom-free for at least 24 hours.
2. A medical professional provides written clearance for return to play.
3. A gradual return-to-play protocol has been completed (as directed by a physician or licensed medical provider).

**7. Communication**

* Coaches must report all head injuries or suspected concussions to the BAYBA board and the player’s parent/guardian immediately.
* A formal Injury Report will be filed by the coach or designated team representative.

**8. Enforcement**

Failure to adhere to this policy may result in disciplinary action, including suspension or removal from coaching responsibilities. The safety of our athletes is our highest priority.

**9. Resources**

* [CDC Heads Up to Youth Sports](https://www.cdc.gov/headsup/youthsports/index.html)
* [National Federation of State High School Associations (NFHS) Concussion Course](https://nfhslearn.com/courses/concussion-in-sports-2)

Approved by:

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