

## **PARK CITY BASEBALL CONCUSSION AND HEAD INJURY POLICY**

Park City Baseball hereby adopts the following policies and procedures pursuant to the Protection of Athletes with Head Injuries Act, UTAH CODE ANN. § 26-53-101 to -301 (2011).

### **PURPOSE**

Pursuant to the passage of the Protection of Athletes with Head Injuries Act, the following policy and procedures are being implemented as of January 1, 2016, by Park City Baseball, hereby known as 'PCB', with the intent to provide conscientious and safe athletic events at PCB programs. Concussions and other traumatic head injuries pose a serious risk to participants of all recreational sporting activities.

### **POLICY**

It is the policy the above named parties to inform coaches, referees/umpires, site supervisors, parents and athletes of the signs, symptoms, and/or behaviors consistent with sports induced concussions/traumatic head injuries and the PCB's requirement that athletes, under the age of 18, suspected of a head injury or concussion are required to seek medical attention and procedures before return to play.

### **GENERAL DEFINITIONS**

- 1) "Agent" means a coach, assistant coach, representative, or other volunteer.
- 2) "Athlete" or "child" means an individual participant in a sporting event under the age of 18.
- 3) "PCB" means the Park City Baseball
- 4) "Qualified health care provider" means a health care provider who is licensed under Title 58 of the Utah Code and may evaluate and manage a concussion within his/her scope of practice. May include medical doctors, doctors of osteopathy, advanced registered nurse practitioners, physician's assistants, or licensed certified athletic trainers.
- 5) "Sporting event" means any of the following athletic activities that is organized, operated, managed, or sponsored by an organization: (i) a game; (ii) a practice; (iii) a sports camp; (iv) a physical education class; (v) a competition; or (vi) a tryout.

### **PROCEDURE**

#### **1.0 Distribution of Policy & Collection of Consent**

- 1.1 Before permitting an athlete to participate in a PCB sporting event, PCB shall provide a written copy of this concussion and head injury policy to the athlete's parent or legal guardian.
- 1.2 All PCB agents shall receive a copy of and become familiar with this concussion and head injury policy.
- 1.3 Prior to an athlete's participation in a PCB sporting event, the athlete's parent or guardian must sign and detach the form at the end of this policy or have signed the individual and or event waiver and returned it to PCB.

## 2.0 Concussion Education for Coaches

- 2.1 It is required that each year coaches, and all assistant coaches, shall complete the course dealing with concussion, its signs, symptoms and management.
- 2.2 The free web based CDC course, "HEADS UP Concussion in Youth Sports", shall be used for this purpose. <http://www.cdc.gov/headsup>
- 2.3 Each coach/ assistance coach must submit a certificate of completion to PCB

## 3.0 Suspected Concussion Procedure

- 3.1 If a PCB agent suspects an athlete has sustained a concussion or a head injury in a sporting event, the agent or other representative must immediately remove the athlete from the sporting event. Additionally, parents should inform a PCB official if they suspect their child has sustained a concussion or head injury and ensure that the athlete is removed. The PCB follows a strict policy of "When in doubt, sit them out."
- 3.2 The agent who removes the athlete from the sporting event will see to it that a qualified PCB agent administers any necessary first aid of which the agent is capable. If the injury is beyond any agent's training, the agent should call 911 for assistance.
- 3.3 When an athlete has been removed from a sporting event for suspicion of sustaining a concussion or head injury, the athlete is prohibited from participating in another PCB sporting event until the athlete:
  - 3.3.1 is evaluated by a *qualified* health care provider who is trained in the evaluation and management of a concussion; AND who
    - 3.3.1a is licensed under Utah code Title 58, Division of Occupational and Professional Licensing Act; and
    - 3.3.1b may evaluate and manage a concussion within the health care provider's scope of practice; and
    - 3.3.1c has, within three years, successfully completed a continuing education course in the evaluation and management of concussion.
- 3.4 provides the PCB with a written statement from the qualified health care provider.
  - 3.4.1 The written statement from the qualified health care provider shall state that:
    - 3.4.1a the provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion; AND
    - 3.4.1b the athlete is cleared to resume participation in PCB sporting events.

## CONCUSSION INFORMATION

### 4.0 What is a concussion?

- 4.1 A concussion is a brain injury that:
  - 4.1.1 Is caused by a bump or blow to the head;
  - 4.1.2 Can change the way a person's brain normally works;
  - 4.1.3 Can occur during practices or games in any sport;
  - 4.1.4 Can happen even if a person has not been knocked out;

4.1.5 Can be serious, even if the victim has not been hit very hard

5.0 Signs and symptoms of concussions include but are not limited to:

5.1 Symptoms of a concussion may include the following:

- 5.1.1 Confusion
- 5.1.2 Headache or “pressure” in head
- 5.1.3 Nausea or vomiting
- 5.1.4 Balance problems or dizziness
- 5.1.5 Double or blurry vision
- 5.1.6 Bothered by light
- 5.1.7 Bothered by noise
- 5.1.8 Feeling sluggish, hazy, foggy, or groggy
- 5.1.9 Difficulty paying attention
- 5.1.10 Memory problems
- 5.1.11 Transient confusion, disorientation, or impaired consciousness
- 5.1.12 Loss of consciousness

5.2 Signs of other neurological or neuropsychological dysfunction include:

- 5.2.1 Seizures
- 5.2.2 Irritability
- 5.2.3 Lethargy
- 5.2.4 Fatigue
- 5.2.5 Does not “feel right”

6.0 Failure to Respond

6.1 What if my child/athlete continues playing with a concussion or returns too soon?

6.1.1 Concussions and head injuries pose a serious risk to participants of all recreational sporting events. They can range from mild to severe and can disrupt the way the brain normally works. All are potentially serious and may result in complications, including prolonged brain damage and death if not recognized and managed properly.

6.1.2 Continuing to play with the signs and symptoms of a concussion and/or traumatic head injury leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. Additionally, having had one concussion significantly increases a person’s risk of having another.



## PARK CITY BASEBALL CONCUSSION AND HEAD INJURY POLICY

I, \_\_\_\_\_, acknowledge that I have read, understand, and agree to abide by, the above concussion and head injury policy. I understand that concussions and head injuries are risks associated with any sporting event. I agree that I will abide with a PCB official's decision to remove my child from a sporting event if the official suspects my child has sustained a head injury or concussion. I also agree to abide by the policy's mandate to provide a note from a qualified health professional before my child may resume participation in PCB sporting events.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

Athlete's Name (please print): \_\_\_\_\_

Relation to Athlete: \_\_\_\_\_

PLEASE RETURN THIS FORM TO PARK CITY BASEBALL