



Policy	CBA-005
Effective Date	Jan 10, 2020
Board Approval	Jan 9, 2020

## **CONCUSSION POLICY & PROTOCOLS**

### **Purpose**

The purpose of the Concussion Policy & Protocols is to set out how Clarington Baseball Association (CBA) is implementing Rowan’s Law.

This Concussion Policy and Protocols aims to;

- 1) identify concussion principles the CBA is following
- 2) identify specific concussion protocols to remove and return an individual to baseball activities, and who is responsible for:
  - a. Remove from Sport Protocol
  - b. Return to Sport Protocol
- 3) Provide quick reference tools (look for this symbol ✕)

### **Application**

The Concussion Policy and Protocols applies to all CBA athletes (players), coaches, managers and umpires, including parents/guardians for anyone under the age of 18.

### **Review**

The CBA Board of Directors will review this policy annually to determine if any changes need to be made to strengthen concussion safety and/or adopt updated requirements of Rowan’s Law.

### **Availability**

The current version of this policy will be publicly accessible in a minimum of two ways:

- a) as a link(s) on a webpage dedicated to Rowan’s Law/Concussion Safety, accessible from the ClaringtonBaseball.ca website
- b) as a link(s) within online application/registration forms (e.g. coach application, player registration) or as attachments in any manual application/registration setup(s)

## **CONCUSSION PRINCIPLES**

### **PRINCIPLE 1: PREVENTION**

Protective Equipment: To prevent concussions where possible, all CBA programs have a list of required protective equipment available within their respective rules of play, publicly accessible from the ClaringtonBaseball.ca website, and/or the programs governing body (e.g. Baseball Ontario).

Codes of Conduct: Codes of Conduct governing Players (athletes), Coaches and Trainers and Umpires identify the responsibility to correctly wear and/or enforce the correct use of required



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protective equipment. Additionally, Codes provide links to concussion education resources, provide the definition of a concussion, access to and acknowledgment of the review of this policy. Codes of Conduct are required annually of each individual player, coach/trainer and umpire participating in CBA activities.

Concussion Education/Resources: The Province of Ontario has committed to making concussion education/resources publicly available. The CBA will provide access to these Provincial resources in a minimum of two ways:

- a) as a link(s) on a webpage dedicated to Rowan’s Law/Concussion Safety, accessible from the ClaringtonBaseball.ca website
- b) as a link(s) within online application/registration forms (e.g. coach application, player registration) or as attachments in any manual application/registration setup(s)

**PRINCIPLE 2: CONCUSSION RECOGNITION**

**What is a concussion?** A concussion is a traumatic brain injury caused by a blow to the head, face or neck or to another part of the body that causes the brain to move inside the skull and results in changes to how the brain functions. A concussion is a serious injury that can have significant impact on a person’s cognitive, physical and emotional functioning. A concussion is different from most other injuries because there are not always observable signs that a concussion has occurred and symptoms may not appear immediately after the impact. Additionally, a concussion cannot be seen on X-rays, standard CT scans or MRIs.

**When should a concussion be suspected?** Anyone who reports or has observed concussion signs and symptoms following a blow to the head or another part of the body that could potentially cause the brain to move inside the skull is considered to have a suspected concussion and must stop participation in baseball activities immediately. Symptoms of concussion may appear immediately but may present hours or even days later.

 **Tool (Attachment 1):** Recognize the Symptoms, Stop Participation, Seek Medical Attention



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**PRINCIPLE 3: REMOVAL-FROM-SPORT PROTOCOL**

**Where there is a suspected concussion during a baseball activity (Head Coaches)**

1. Remove the individual from baseball activities immediately
2. Notify the individuals parent/guardian (if applicable), and advise them to seek medical attention from a doctor or nurse practitioner
3. Monitor the individual until they can safely leave the area (e.g. with a parent or other adult). Individuals with a suspected concussion should not be left alone or drive a motor vehicle.
4. Report the injury/concussion to the CBA using the online reporting tool within 24hrs

**Where there is a suspected or confirmed concussion outside baseball (Individuals)**

1. Parents/guardians notify the individuals head coach or program official (e.g. Umpire In Chief for umpires) if a suspected concussion occurs outside of baseball
2. Seek medical attention to acquire assessments/clearances to return to sport
3. Notify the individuals school, workplace or other sport organizations
4. Provide medical assessments/clearances to the individuals head coach or program official
5. **Head Coaches/Program officials:** upon being advised of a suspected or confirmed concussion by an individual, confirm that the individual has been removed from sport, advise the individual to seek medical attention and that return to sport is pending medical clearance, and notify the CBA using the online reporting tool within 24hrs

**Who is responsible for reporting on suspected concussions?**

All team officials (head coach, assistant coach, trainer) as well as parents/guardians hold a responsibility to recognize the signs and symptoms of concussion, and report the suspected concussion to a team’s head coach, or other program official (e.g. Umpire in Chief for umpires). If there is doubt whether a concussion has occurred, **it is to be assumed that it has and the individual is to be removed from baseball activities.** **If in doubt, sit them out!**

**PRINCIPLE 4: RETURN-TO-BASEBALL PROTOCOL**

This Return-to-Baseball Protocol applies in circumstances where an individual was removed from sport due to suspected/actual concussion.

Medical Attention: Individuals with a potential concussion must seek medical attention from a licensed medical doctor or nurse practitioner.

Documentation of medical clearance to return to sport is required before an individual may return to baseball activities. Medical clearance includes confirmation (by a medical doctor or nurse practitioner) that a concussion DID NOT occur.



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**Submitting Medical Assessments / Clearance:**

Athletes (players or parents/guardians of players under the age of 18)/Coaches/Trainers: bring your medical assessment/clearance to your team’s head coach (ensure that they can obtain a copy, or take a photo of the document).

Head coaches: use the CBA online reporting tool to submit medical assessments/clearances to the CBA. Coaches have the right to refuse a player to return to baseball activities if they deem the player unfit to do so.

Umpires (or parents/guardians of umpires under the age of 18): use the CBA online reporting tool to submit your medical assessment/clearance to the UIC and the CBA.

**Resuming baseball activities:**

A coach, trainer or umpire diagnosed with a concussion requires medical clearance to return to baseball activities.

An athlete who is diagnosed by a physician or nurse practitioner as having a concussion requires medical clearance to return to baseball activities. Any restrictions outlined in a medical assessment or partial clearance must be followed. Additionally coaches should assess players who have received clearance for their confidence and skill before returning to competition.

 **Tool (Attachment 2):** Review & File Medical Clearance, Graduated Return to Sport

**Who ensures individuals removed from play receive medical clearance before resuming baseball activities?**

Athletes/Players/Coaches/Trainers: The head coach is responsible for ensuring athletes (players) or coaches/trainers who have been removed from sport do not resume baseball activities until medical clearance has been obtained and reported/filed with the CBA.

Umpires: The UIC is responsible for ensuring umpires have medical clearance before resuming umpiring duties following removal from sport, and reporting/filing with the CBA.

CBA Board oversight: The CBA Vice President will oversee the practices and documentation indicated in this policy to ensure compliance.



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**⚡ ATTACHMENT 1: RECOGNIZE THE SYMPTOMS, STOP PARTICIPATION, SEEK MEDICAL ATTENTION**

A person with a concussion might have any of the signs or symptoms listed below. They might show up right away or hours, or even days later. Just one sign or symptom is enough to suspect a concussion. Most people with a concussion **do not** lose consciousness.

**Common signs and symptoms of Concussion (Province of Ontario)**

Physical	Cognitive (Thinking)	Sleep-related
<ul style="list-style-type: none"> <li>• Headache</li> <li>• Pressure in the head</li> <li>• Dizziness</li> <li>• Nausea or vomiting</li> <li>• Blurred vision</li> <li>• Sensitivity to light or sound</li> <li>• Ringing in the ears</li> <li>• Balance problems</li> <li>• Tired or low energy</li> <li>• Drowsiness</li> <li>• “Don’t feel right”</li> </ul>	<ul style="list-style-type: none"> <li>• Not thinking clearly</li> <li>• Slower thinking</li> <li>• Feeling confused</li> <li>• Problems concentrating</li> <li>• Problems remembering</li> </ul>	<ul style="list-style-type: none"> <li>• Sleeping more or less than usual</li> <li>• Having a hard time falling asleep</li> </ul>
	<p><b>Emotional</b></p> <ul style="list-style-type: none"> <li>• Irritability (easily upset or angered)</li> <li>• Depression</li> <li>• Sadness</li> <li>• Nervous or anxious</li> </ul>	

**🚑 Red Flags - “Red flags” may mean the person has a more serious injury. Treat red flags as an emergency and call 911.**

*Red flags include:*

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| <ul style="list-style-type: none"> <li>• Neck pain or tenderness</li> <li>• Double vision</li> <li>• Weakness or tingling in arms or legs</li> <li>• Severe or increasing headache</li> <li>• Seizure or convulsion</li> </ul> | <ul style="list-style-type: none"> <li>• Loss of consciousness (knocked out)</li> <li>• Vomiting more than once</li> <li>• Increasingly restless, agitated or aggressive</li> <li>• Getting more and more confused</li> </ul> |
|--|---|

**❗ IF IN DOUBT, SIT THEM OUT!**

**Monitor the Individual:** Head coaches are responsible for ensuring individuals who are injured during an event, with a suspected concussion, are monitored until a parent/guardian, responsible adult is contacted, and on-site. Individuals with a suspected concussion should not be left alone or drive a motor vehicle.





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## ATTACHMENT 2: REVIEW & FILE MEDICAL CLEARANCE, GRADUATED RETURN TO SPORT

- Athletes may receive medical assessment with or without restrictions on return to sport.
- Follow specific medical restrictions where indicated.
- After full clearance is received, head coaches to assess that players have regained pre-injury skill and confidence for their return to competition. Full clearance **MUST** be received to return to baseball activities.

### Common Graduated Return to Sport Steps

Stage	Activity	Guidelines
0	Rest	Initial mental and physical rest for 24-48 hours
1	Light aerobic exercises, 50% effort	No contact 5-10 minute warm up (stretching/flexibility) 15-20 minute cardio workout
2	Baseball related skill work individually, 50-60% effort	No contact 5-10 minute warm up (stretching/flexibility) Increase intensity and duration of cardio workout to 20-30 minutes Begin baseball-specific skill work
3	Baseball related skill work in controlled practice environment, 1:1 with teammate, 75-90% effort	No contact Increase duration of session to 60 minutes Begin resistance training including neck and core strengthening exercises Begin catching drills with a partner Begin walk-throughs of offensive and defensive plays
4	Baseball specific skill work, team drills done at practice 75%-90% effort	No contact, no scrimmages Resume pre-injury duration of practice and team drills
<b>NOTE: Medical clearance letter from a medical doctor or nurse practitioner required before proceeding to stage 5</b>		
5	Full team practice, unrestricted 90-100% effort	Contact allowed, scrimmages allowed Coach to assess that the player has regained his/her pre-injury skill-level, the player is confident about their return
6	Return to completion 100% effort	Full participation 100% intensity