

**CONCUSSION  
MANAGEMENT  
POLICY & PLAN**

**KINO BASEBALL LEAGUE  
TUCSON, ARIZONA**

**Effective January 1, 2015**

## **POLICY**

The Kino Baseball League requires that all team managers, assistant coaches have a full understanding and knowledge of how to identify a player with concussion symptoms and know how to act and respond to such conditions for the safety and well- being of the athlete.

## **SOURCE OF INFORMATION**

The information set forth in this policy has been adopted by the league as established by the United States Department of Health and Human Services Center for Disease Control and Prevention (CDC).

The website for this information on concussions can be obtain from:

[www.cdc.gov/concussions](http://www.cdc.gov/concussions)

## **PROCEDURE**

1. This policy and its information provided by the CDC will be posted on the league website.
2. The policy will be emailed by the league to every team manager prior to the start of a season.
3. It will be the responsibility of the team manager to review this policy with the coaches, players and parents.
4. The team manager is required to provide the parent or legal guardian of every player on the team roster prior to the start of the season the "Parent/Athlete Concussion Information Sheet" which is a part of this policy. This information sheet provides the parent and player and overview of the signs and symptoms of a concussion.

## 5. REPORTING/COMMUNICATION:

- a. It is the responsibility of the team manager to report to the league of any situations where a player has been removed from a game or practice if they suspect a player could have a concussion due to the signs and symptoms. Communication is required to be in the form of an email to the league. The following information is required from the team manager
  - i. Location of game or practice
  - ii. Description of the incident that required the player to be removed from the game, i.e. struck in the head, hit in the chest, etc.
  - iii. Signs and symptoms observed
  - iv. Inning that the player was removed from the game.
  - v. Where the parents or legal guardian present? If not, was a phone call made to the parents or legal guardian, and if so, did they answer or was a voice mail left? If they answered then phone document the conversation and have an assistant coach monitor and stay with the player until the parents or legal guardian arrive.
  - vi. Was player removed by parents/legal guardian to emergency room for observation by a health care professional?

- b. The team manager is responsible for communicating to the player's parents or legal guardian of any conditions that occurred during the game that resulted in the player being removed from the game for possible concussion signs and symptoms based on the type of injury that was sustained that caused the player to be removed from the game

## **6. ROLE OF THE PARENT OR LEGAL GUARDIAN:**

- a. Very important that the team manager has the cell phone and any emergency contact numbers of every player's parent or legal guardian
- b. When the team manager or an assistant coach has suspect that a player has a concussion and is removed from the game or practice, and the parents or legal guardian have been notified, the parents are to remove the player from the game or practice and proceed to the emergency room where health care professionals can evaluate the condition of the player.
- c. If the player is seen by a health professional, the player is not permitted to participate in any practices or games with the team until the player is evaluated and is clear to return to action. The parent is to communicate this fact to the team manager, who in turn will notify the league.
- d. When the player is medically cleared to participate, the parents or legal guardian are to acquire a written clearance note from the health

care professional stating that the player can return to full 100% participation with the team.

- e. The parents are to provide two copies of this medical clearance to the team manager prior to the player being permitted back onto the field. One copy will be retained by the team manager, and the other copy is required to be submitted to the league.

## **7. RETURNING TO PLAY**

- a. It is the policy of the Kino Baseball League that any player that has been reported of having been removed from a game or practice due to signs and symptoms of a concussion and has been taken to the emergency room to be seen by a health care professional, they are not permitted to return for either practice or a game until the player is cleared medically by a health care professional.
  
- b. The league will require that a copy of the note to release by a health care provide

## **8. PREVENTION AND PREPARATION**

- a. Batting helmets is a must to reduce the risk of severe brain injury and skull fracture. However, helmets are not designed to prevent concussions. There is no “concussion proof” helmet.
- b. Helmets should be inspected by the coaching staff prior to each game and if a helmet is personally owned by the player, the parents or legal guardian should inspect the helmet for cracks or missing pads as well.
- c. Batting helmets MUST be worn by all players when swinging a bat.
- d. Teams that conduct batting drills with a number of players involved at once ALL must be wearing batting helmets during such drills—NO EXCEPTIONS.
- e. Batting helmets must be worn while at bat, on the coaching lines, acting as a shield for a pitcher and catcher that is warming up on the field of play, while waiting to bat and are to be worn when inside a batting cage.

## **8.PREVENTION AND PREPARATION**

- f. Catchers must wear properly fitted catcher equipment that includes chest protector, shin guards and catcher mask/helmet with throat protector. This equipment is to be inspected by the coaching staff and if owned by the player, inspected by the parents or legal guardian.

- g. Players that are warming the pitcher at any location must be wearing at minimum catcher helmet and mask.
  
- h. Bats must meet the league specified requirements and must not have any cracks. If a bat has cracks it must be removed from use.

**PARENT/ATHLETE**

**CONCUSSION**

**INFORMATION SHEET**