



Outaouais Baseball Academy policy regarding concussions

The Outaouais Baseball Academy (OBA) cares about the well-being and health of their players and coaches. The OBA is taking the lead in the baseball community regarding concussions.

Following the guide from the Children's Hospital of Eastern Ontario (HCEO-CHEO), the policy and practices of the OBA are as follows:

A. General

1. Provide coaches with a copy of this policy and copies, in French and English, of the CHEO brochure.
2. The coach must verify the places where the training will take place in order to ensure the safety of the places and the equipment.
3. Wearing a batting helmet is mandatory at all times during batting exercises, even if soft balls or plastic balls are used.

B. In the event of a head injury

1. Procedure to follow:
 - a. Anyone directly injured at the head, either by an object striking the head or the head striking an object, should be immediately withdrawn from training, whether or not signs and symptoms of concussion are present.
 - b. The coach should do a preliminary assessment and check for signs and symptoms using the Pocket CONCUSSION RECOGNITION TOOL included in this policy to ensure the urgency of the injury.
 - c. Give to the parent (s) a copy of the CHEO Concussion Brochure.
 - d. Discuss the signs and symptoms with the parent (s), as well as what to do if signs and symptoms appear. Make a recommendation for medical follow-up (emergency room or family doctor).
 - e. Depending on the urgency, discuss the return to play in six steps
 - f. The coach must complete an accident report



- g. If a concussion is confirmed, no return of a player will be made without a doctor's note, in addition to a discussion to confirm that the six steps for return to play have been followed.
- h. The coach should ensure that the player returning to the OBA initially receives light training. After training, the coach will make sure that there are still no signs and symptoms.

Urgent case

In any case of loss of consciousness, even for a few seconds, or if the affected person is convulsing, call 9-1-1.

Consider calling 9-1-1 in all cases identified under RED FLAGS in the guide below.



Pocket CONCUSSION RECOGNITION TOOL

To help identify concussion in children, youth and adults



RECOGNIZE & REMOVE

Concussion should be suspected **if one or more** of the following visible clues, signs, symptoms or errors in memory questions are present:

1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

- Loss of consciousness or responsiveness
- Lying motionless on ground/Slow to get up
- Unsteady on feet / Balance problems or falling over/Incoordination
- Grabbing/Clutching of head
- Dazed, blank or vacant look
- Confused/NOT aware of plays or events

2. Signs and symptoms of suspected concussion

Presence of **any one or more** of the following signs & symptoms may suggest a concussion:

- | | |
|--------------------------|----------------------------|
| - Loss of consciousness | - Headache |
| - Seizure or convulsion | - Dizziness |
| - Balance problems | - Confusion |
| - Nausea or vomiting | - Feeling slowed down |
| - Drowsiness | - "Pressure in head" |
| - More emotional | - Blurred vision |
| - Irritability | - Sensitivity to light |
| - Sadness | - Amnesia |
| - Fatigue or low energy | - Feeling like "in a fog" |
| - Nervous or anxious | - Neck Pain |
| - "Don't feel right" | - Sensitivity to noise |
| - Difficulty remembering | - Difficulty concentrating |

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3. Memory function

Failure to answer **any** of these questions correctly may suggest a concussion.

- "At what venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

RED FLAGS

IF ANY of the following are reported then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- | | |
|--|---------------------------------|
| - Athlete complains of neck pain | - Deteriorating conscious state |
| - Increasing confusion or irritability | - Severe or increasing headache |
| - Repeated vomiting | - Unusual behaviour change |
| - Seizure or convulsion | - Double vision |
| - Weakness or tingling/burning in arms or legs | |

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the player (other than required for airway support) unless trained to do so
- Do not remove helmet (if present) unless trained to do so.

from McCrory et al., Consensus Statement on Concussion in Sport. Br J Sports Med 47 (5), 2013

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