

The background features a dark blue gradient with a subtle pattern of white dots. Overlaid on the left side is a large, semi-transparent circular graphic. This graphic includes a scale with numerical markings from 140 to 260 in increments of 10. Several concentric circles and dashed lines are also present, some with arrows indicating a clockwise direction. The overall aesthetic is technical and modern.

CINDY LARUE CO-REC SOFTBALL LEAGUE

CONCUSSION GUIDELINES AND PROTOCOLS

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WHAT IS A CONCUSSION?

- A concussion is an injury that changes how the cells in the brain normally work.
- A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

RECOGNIZING A POSSIBLE CONCUSSION

To help recognize a concussion, you should watch for the following two things among our players:

1. A forceful blow to the head or body that results in rapid movement of the head.

and

2. Any change in the player's behavior, thinking, or physical functioning.

SIGNS AND SYMPTOMS

Signs Observed by Managers

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Players

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

CONCUSSION ACTION PLAN

If a manager suspects a possible concussion:

- Remove the player from play
- Ensure that that the player is evaluated by an appropriate healthcare professional
- Allow the player to return to play only with permission from a healthcare professional with experience in evaluating for concussion

LATER SYMPTOMS TO WATCH OUT FOR

More serious symptoms can appear in the first 24 to 48 hours after a head injury, so anyone suspected of sustaining a concussion should be monitored for worsening symptoms

Seek immediate medical attention if the following signs appear after a head injury: severe nausea or vomiting; pupils that are enlarged or unequal in size; unusual or bizarre behavior; inability to recognize people or places; seizures; severe dizziness or feeling lightheaded; progressively worsening headache; double or blurry vision; numbness or weakness in the arms or legs, clumsiness; excessive drowsiness or fainting; slurred speech; difficulty waking from sleep.

WHEN IN DOUBT...

CALL 911!