**Concussion Policy Statement**

A concussion is a traumatic brain injury that interferes with normal brain function. Medically a concussion is a complex, pathophysiological event to the brain that is induced by trauma which may or may not involve a loss of consciousness (LOC). Concussion results in a constellation of physical, cognitive, emotional, and sleep-related symptoms. Signs or symptoms may last from several minutes to day, weeks or even longer in some cases.

Awareness of concussion and effects of concussion on players, especially youth players, has increased over the past decade.  Medically, a concussion is a form of traumatic brain injury. Because it is a brain injury, a concussion is not a visible injury, such as a broken arm.  It requires time to heal properly, involving both physical and mental rest.  Consequences may include loss of coordination or memory, vision problems, learning issues and changes in emotions and behavior.

The U.S. Centers for Disease Control and Prevention (CDC) has established the ***HEADS UP: Concussion in Youth Sports program and tool kit*** to provide training to coaches, athletes and parents regarding concussions

Any player exhibiting the signs or symptoms of a concussion or traumatic brain injury while participating in baseball related activities, shall be removed by the coach from participation at that time. In addition, coaches should not allow a child to participate if they are aware of a concussion received from another activity, outside of their direct authority. The parent/guardian will be notified immediately

The coach shall not return a child to baseball participation until the child is evaluated and cleared for return to participation **in writing** by a licensed physician who is trained in the evaluation and management of concussions or a licensed or certified health care professional trained in the evaluation and management of concussions and designated by such licensed physician.

Parents and coaches are encouraged to sign off on a concussion education fact sheet, developed by the CDC and available on their website at [https://www.cdc.gov/headsup/youthsports/](https://www.cdc.gov/headsup/youthsports/index.html).  Select the appropriate link for fact sheet for parents, athletes and coaches/officials (located about two-thirds the way down the web page)