



BASEBALL NEWFOUNDLAND AND LABRADOR

CONCUSSION POLICY

PURPOSE

Baseball Newfoundland and Labrador is committed to maintaining the health of its athletes, coaches, and officials and believes that their health is more important than participating in the sport of baseball.

Baseball NL recognizes the increased awareness of concussions and their long-term effects and therefore enacts this Policy as a tool to help manage concussed and possibly-concussed athletes/coaches/officials and preserve the health of its participants.

SCOPE

This Policy applies to all athletes, coaches, officials and decision-makers of Baseball NL as well as any non-members participating in Baseball NL programming. It is highly recommended that all baseball organizations adopt this or a similar policy.

ADHERENCE

Baseball NL adopts and adheres to Sport Canada's Return to Play Procedure which includes both the Return to Play Protocol and concussion guidelines.

PROCEDURE

During all baseball events, competitions, and practices sanctioned by Baseball NL, participants (which include athletes, coaches, officials and other members and non-members) will use their best efforts to:

- a) Be aware of incidents that may cause a concussion, such as:
 - i. Falls
 - ii. Accidents
 - iii. Collisions
 - iv. Head trauma

- b) Understand the symptoms that may result from a concussion, such as:
 - i. Nausea
 - ii. Poor concentration
 - iii. Amnesia
 - iv. Fatigue
 - v. Sensitivity to light or noise
 - vi. Irritability
 - vii. Poor appetite
 - viii. Decreased memory

- c) Identify athletes/coaches/officials or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms

Athletes, coaches, officials or other individuals who have been involved in an incident that may cause a concussion and who may exhibit symptoms of a concussion shall be identified and removed from baseball activity.

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Following the removal from baseball activity, the individual in charge of the athlete, coach, or official (if this individual is a minor) or someone familiar to the athlete, coach or official should:

- a) Call an emergency number (if the situation appears serious)
- b) Notify the athlete/coach/officials parent (if the athlete/coach/official is a minor) or someone close to the athlete/coach/official (if the athlete/coach/official is not a minor)
- c) Have a ride home for the athlete/coach/official arranged
- d) Isolate the athlete/coach/official into a dark room or area
- e) Reduce external stimulus (noise, other people, etc)
- f) Remain with the athlete/coach/official until he or she can be taken home
- g) Encourage the consultation of a physician

Once the immediate needs of the injured participant have been met, that person and/or their family, should be directed to the Baseball NL Return to Play Procedure.

MEDICAL CLEARANCE - RETURN TO BASEBALL

Baseball NL's Return to Play protocol requires the athlete, coach, or official to consult with a physician before returning to any baseball activity after being concussed.

Consistent with Sport Canada's Return to Play Protocol, Baseball NL will require the injured participant to obtain written medical clearance, ideally from a physician familiar with concussions, before being permitted to resume baseball activity.