

## **BASEBALL PEI POLICY** **Concussion Policy**

### **1.1 Preamble to Concussion Policy**

- Baseball PEI is committed to maintaining the health of its players and believes that a player's health is of the utmost importance.
- Baseball PEI recognizes the dangers of concussions and brain injuries and their long-term effects. As a result, Baseball PEI has enacted this Concussion Policy as a tool to help manage concussed and possibly-concussed players and preserve the health of its players and members.
- This Policy applies to all players, coaches, officials and administrators of Baseball PEI.

### **1.2 Return to Play Procedure from Concussions**

- Baseball PEI adopts and adheres to the Coaches Association of Canada (CAC) Return to Play Procedure for concussions (<http://www.coach.ca/files/returntoplayguidelines.pdf>).

### **1.3 Procedure for Concussions and/or Possible Concussions**

- During all baseball events, competitions, and practices, participants will use their best efforts to:
  - Be aware of incidents that may cause a concussion, such as:
    - Falls
    - Accidents
    - Collisions
    - Head trauma
  - Understand the symptoms that may result from a concussion, such as:
    - Nausea
    - Poor concentration
    - Amnesia
    - Fatigue
    - Sensitivity to light or noise
    - Irritability
    - Poor appetite
    - Decreased memory
  - Identify players or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms
- Players 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 the baseball activity.
- Following the player being removed from the baseball activity, the player's coach, team trainer or another individual in charge of the player (if the player is a minor) should:
  - Call an emergency number (if the situation appears serious)
  - Notify the potentially-concussed player's parent (if the player is a minor) or someone close to the player (if the player is not a minor)
  - Have a ride home for the potentially-concussed player arranged if parents are not in attendance



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- Isolate the potentially-concussed player into a dark room or area if possible
- Reduce external stimulus around the potentially-concussed player (noise, other people, et cetera)
- Remain with the potentially-concussed player until he or she can be taken home
- Encourage the consultation of a medical doctor immediately for the potentially-concussed player
- Once the player's immediate needs have been met, the player and his/her family are to be directed to the CAC Return to Play Procedure (<http://www.coach.ca/files/returntoplayguidelines.pdf>).

## 1.4 Requirements to Return to Baseball Activity after Concussions

- The CAC Return to Play Protocol, which will be adopted and used by Baseball PEI for any players who suffer from a concussion, requires the player to consult with a medical doctor before returning to any baseball activity after being concussed.
- The Association of which the player belongs to/is playing with will require the athlete to obtain medical clearance before permitting the player to resume baseball activity with the team/Association
  - After being medically cleared, the player or his/her family/guardians will provide their Association with a doctor's note to verify that the player can safely return to baseball-related activities.

