

CONCUSSION MANAGEMENT AND ACTION PLAN POLICY MONROE CHARTER TOWNSHIP/CUSTER BASEBALL/SOFTBALL

Monroe Charter Township and the Custer Baseball/Softball League recognize that youth athletes who suffer concussions and head injuries have become a national priority. Many studies have revealed that concussions not properly treated can result in permanent physical and cognitive deficits. These risks have led the State of Michigan in adopting Acts Number 342 and 343 of Public Acts of 2012. These laws require sponsors of recreational activities to develop policies and procedures related to sports concussions and that are consistent with recommendations of the U.S. Center for Disease Control and Prevention.

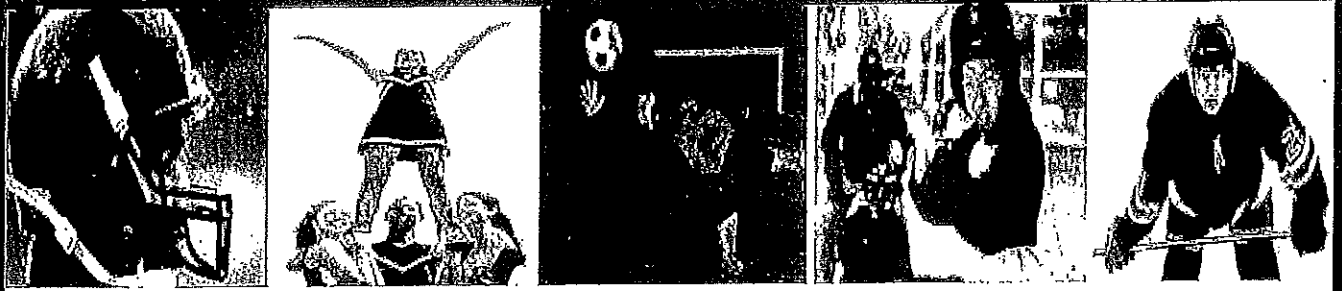
To better manage instances of concussion in our summer and fall baseball/softball youth program, Monroe Charter Township and the Custer Baseball/Softball League requires the following:

1. All coaches, umpires, and league directors must complete a video training in the area of current concussion management practices, and provide proof of such training to the program director.
2. Information about sports related concussion will be provided to parents and players at time of registration. Parents must acknowledge and sign the Concussion Education Form. These forms will be signed annually at the time of registration.
3. If during a practice or a game, a player sustains a concussion or exhibits the signs, symptoms or behaviors of the injury, that player **MUST** be removed from all athletic activity. The player's parents and the program director must be notified. The player may not return to any practice or game activity until he/she has been evaluated by a licensed health care professional. Parents must provide written notification (Medical Clearance Form) from that provider prior to the player being allowed to participate. The player's coach and program director will keep written evidence.
4. Once the player receives written medical clearance to return to physical activity, coaches should follow the Gradual Return to Play Protocol.

This policy was approved and adopted by the Monroe Charter Township Board on July 16, 2013.


Alan Barron, Supervisor


Bob Schnurr, Clerk



For more information on Michigan's Sports Concussion Law:

VISIT!

[www.michigan.gov/ sportconcussion](http://www.michigan.gov/sportconcussion)

A concussion is a serious brain injury that can occur in *any* sport!

Michigan Department
of Community Health



Rick Snyder, Governor
James K. Haveeman, Director

Featured Resources

- Concussion Training Courses
- Parent/Athlete Acknowledgement Form
- Concussion Educational Material and Quizzes
- Medical Return to Play Form


AND MORE!



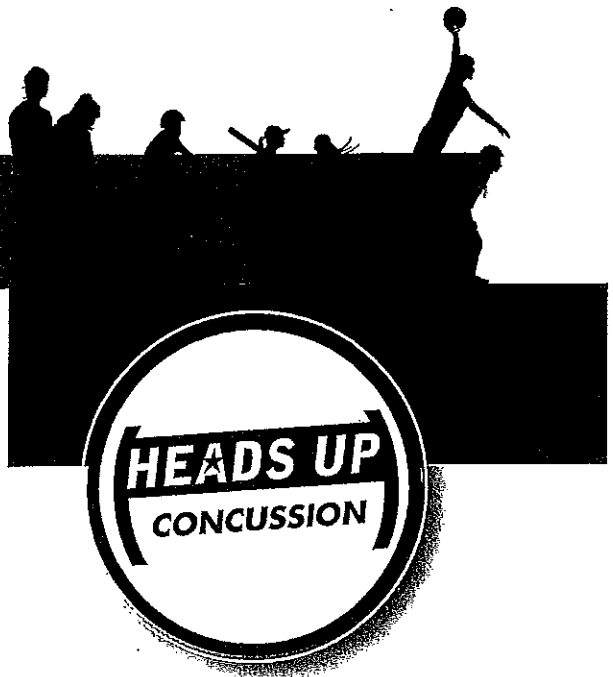
TO LEARN MORE GO TO

www.michigan.gov/sportconcussion



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PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SYMPTOMS REPORTED BY ATHLETE:

- 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
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF:

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

Michigan Department
of Community Health



Rick Snyder, Governor
James K. Haveman, Director

► **"IT'S BETTER TO MISS ONE GAME
THAN THE WHOLE SEASON"**

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD I REPORT MY SYMPTOMS?

- Unlike with some other injuries, playing or practicing with concussion symptoms is dangerous and can lead to a longer recovery and a delay in your return to play.
- While your brain is still healing, you are much more likely to have another concussion.
- A repeat concussion in a young athlete can result in permanent damage to your brain. They can even be fatal.

FACTS

Sometimes people wrongly believe that it shows strength and courage to play injured. Some athletes may also try to hide their symptoms.

Don't let your athlete convince you that he or she is "just fine" or that he or she can "tough it out." Discourage others from pressuring injured athletes to play. Emphasize to athletes and parents that playing with a concussion is dangerous.



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TO LEARN MORE GO TO www.cdc.gov/concussion

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).