

LETHBRIDGE LITTLE LEAGUE

Concussion Protocol

A concussion is a brain injury that cannot be seen on routine x-rays, CT scans, or MRIs. It affects the way a person may think and remember things and can cause a variety of symptoms. Because a concussion is not a visible injury, extra care is required. A suspected concussion must be treated as an actual concussion until professional medical attention is sought. To help you know how to respond, please adhere to the guidelines below:

- The player should stop playing the sport right away.
- They should not be left alone and should be seen by a doctor as soon as possible that day.
- If an athlete is knocked out, call an ambulance to take them to a hospital immediately. Do not move the player or remove athletic equipment like a helmet as there may also be a cervical spine injury; wait for paramedics to arrive.
- A player with a concussion should not go back to play that day, even if they say they are feeling better. Problems caused by a head injury can get worse later that day or night.
- The player should not return to baseball or other sports until he/she has been seen by a doctor.

If a suspected concussion has been identified, then the injured person or his/her parents/guardians must provide his/her coach and the **LETHBRIDGE LITTLE LEAGUE Safety Officer** following documents before being allowed to return to play (whether practices or games):

No Concussion:

A completed LETHBRIDGE LITTLE LEAGUE Concussion Return-to-Play Certification Form signed by a medical professional and parent/guardian indicating that no concussion was suffered.

*****OR*****

Concussion:

A completed LETHBRIDGE LITTLE LEAGUE Concussion Return-to-Play Certification Form signed by a medical professional and parent/guardian indicating the injured person has completed a supervised return to play program and is cleared to return to play

