



1. CONCUSSION AND SUDDEN CARDIAC ARREST

Concussion procedures

EDHLL provides all registrants with the CDC Heads Up Concussion Information Sheet and requires players and parents/guardians to complete the concussion information as part of online registration (Appendix C). A concussion is an injury to the brain resulting from a direct blow to the head or a direct blow to the body with transmission of force to the head. Common symptoms of concussion in adolescents are headache, dizziness, fogginess, unsteadiness and possibly nausea, vomiting, or vision changes. If a player is suspected to have sustained a concussion injury, they should be removed from play and not allowed to return that day. **When in doubt, sit them out.**

After a player is removed from the field of play due to a suspected concussion, the decision about when to return to the field can only be made, per California law, by a health care professional qualified to make such a decision. The California Interscholastic Federation (CIF) specifies that this professional must be a physician (M.D. or D.O.). EDHLL requires a written physician's note to be submitted to the manager AND Safety Officer clearing the player before allowing a player to return to practice/play.

Sudden Cardiac Arrest (SCA) procedures

EDHLL provides all registrants with the Eric Paredes Save A Life Foundation's SCA Fact Sheet for Parents & Student Athletes and requires players and parents/guardians to read and acknowledge the SCA information (Appendix D). Sudden Cardiac Arrest (SCA) is not the same as a heart attack. It is caused by a malfunction in the heart's electrical system or structure due to an abnormality the person was born with or inherited, or it can develop as they grow. Players, parents/guardians, managers, coaches, and adult volunteers should all be familiar with the following symptoms. If a player has any of these symptoms, they should tell an adult and see their physician right away:

- Fainting or seizure, especially during or right after exercise.
- Fainting repeatedly or with excitement or startle.
- Racing heart, palpitations, or irregular heartbeat.
- Dizziness or lightheadedness.
- Chest pain or discomfort with exercise.
- Excessive shortness of breath during exercise.
- Excessive, unexpected fatigue during or after exercise.

In the event of a possible cardiac arrest, follow the cardiac chain of survival:

- **Call 9-1-1 and immediately begin CPR. Immediate and continuous application of CPR can triple the chance of survival.**
- **Find and apply an AED, if available.**
- **Continue CPR (and AED use, if available) until emergency medical services arrive.**