

Concussion Management Plan

Amsterdam Youth Baseball League

Americans suffer approx. 3.8 million mild closed head injuries (concussions) per year, 50% of those head injuries to are the result of sports or physical activity.

Sports Concussions are defined as traumatic head injuries that occur from mild or severe (and direct or indirect) blows to the head while participating in a sport or physical activity.

Initial signs and symptoms of a mild concussion may include confusion, disorientation, and short-term memory loss. These signs & symptoms may disappear within minutes and are often minimized or not even reported. Untreated, continued physical activity may expose the player to the risk of serious, long-term effects, including neurological impairment, depression, cognitive deficits, and a higher risk of subsequent concussions.

1. In the event of an obvious or suspected head injury that occurs, emergency aid (911) SHALL be called immediately (players who are involved with a potential head injury and are not wearing a helmet are highly encouraged to seek evaluation from a trained professional.)
2. That player SHALL immediately stop playing and SHALL be assessed before leaving the field. If the player has already left the field, he/she SHALL be assessed in the dugout. This initial assessment should focus on the presentation of headache, drowsiness, dizziness, confusion, or nausea.
3. Any additional first aid (bandaging, ice packs, etc.) SHOULD be administered while awaiting the arrival of emergency services. The player's In Case of Emergency (I.C.E.) contact person SHOULD be notified at this time if the player approves of the notification.
4. While waiting for emergency services to arrive, the player SHALL be monitored for the continuation or worsening of initial signs & symptoms, i.e., headaches, drowsiness, dizziness, confusion, nausea/vomiting, etc.
5. If the player is evaluated and emergency care is not required, the player may remain at the ballpark and rest or with parent permission continue to participate. If emergency care is recommended and the parent declines the player will not be allowed to participate in any sports activity the remainder of the calendar day.