**Concussion Information for Coaches and League Officials**

The CDC offers an online resources as well as an online training course for coaches and league officials, awarding a certificate upon successful completion: **CDC.gov, Heads Up to Youth Sports**

The individual completing the training can **present the original certificate to the designated league official, who will make and retain a copy of the original for league records**. **The CDC keeps no record of certificates issued. In the event the certificate is lost, the course can be retaken.**

Little League International strongly encourages all leagues and teams to not only comply with any applicable state/provincial/municipal laws, but also, to review the information and training materials on concussions that are available free of charge on the Centers For Disease Control website, accessible at <http://www.cdc.gov/ConcussionlnYouthSports> CA AB 2007, passed in 2016, requires that all coaches and youth sports league officials receive training in concussions in 2017 before leading practices or games, that all youth sports league offer yearly training in concussion awareness for new adult representatives of the youth sports league. Parents and athletes participating in the league must annually sign and date a Concussion Information Form which must be turned in to the league before the individual participates in practices or games.

While participating in baseball or softball, a concussion could result from a fall while running such that the head strikes the ground, a collision with another player, or being struck by an object, such as a ball flying through the air as well as other less likely but possible scenarios. The possibility of a concussion cannot be taken lightly- further head injury while in concussion recovery can result in a much more severe concussion or death.

1.  If a medical professional, the game umpire, the player’s coach/manager, a league official or the player’s parent has determined a player sustained a possible concussion, the player must be removed from the game and/or practice for the remainder of that day. Further, the player must be evaluated by a licensed health care provider who is trained in the diagnosis and treatment of concussion. In the event a concussion is diagnosed, a return to play protocol overseen by a licensed health care provider must be followed. The player cannot return to full participation until written clearance is provided by a licensed health care provider.

**Any blow to the head has the potential to cause a concussion, which is a traumatic brain injury (TBI). This concussion/TBI must be medically evaluated to determine the severity and treatment!**

**Concussion/Traumatic Brain Injury (TBI)**

There are some common physical, mental and emotional signs a person may display following a

blow to the head or a severe jolt to the body. Any of the following could be a sign of traumatic brain injury (concussion):

* **Loss of consciousness (knocked out cold) Severe concussion!**
* Confusion or feeling dazed
* Concentration difficulties
* Balance problems or dizziness
* **Ringing in ears- suggests a more severe concussion**
* Slurred speech or Slow speech, which indicates difficulty processing information
* Sensitivity to light
* Sensitivity to noise
* Memory loss- not able to remember event or retain information
* Blurred vision
* Clumsiness
* Sluggishness
* Headache
* Nausea or vomiting
* Behavior or personality changes- agitation, silliness, extreme irritability

**The more signs observed or symptoms reported, the more severe the concussion. The injured individual may not be a good self-evaluator as a consequence of the injury. At the same time, reported symptoms must be taken seriously.**

**Initial evaluation of concussions/Traumatic Brain Injury (TBI)**

While a concussion /TBI can be rated as mild, moderate or severe (Grade 1, 2 or Grade 3) by medical professionals, this is what you need to know:

A concussion, which is a traumatic brain injury, occurs when the brain strikes the inside of the skull. All neurons within the brain fire at one time.

The brain needs 20 minutes to reset itself, while glycine, carried by the blood circulatory system, enters the neurons and recharges them.

Reducing stimulation- resting in a dark, quiet area helps the process. The more signs of TBI initially present and still evident after 20 minutes are suggestive of a more severe concussion.

In the event of a severe concussion, the brain could be bleeding inside the skull and creating additional brain damage.

**Health Care Provider Evaluation: Any blow to the head or jarring fall has the potential to cause a concussion, which is a traumatic brain injury (TBI). This concussion/TBI must be medically evaluated to determine the severity and treatment timeline!**

**Treating Concussions/TBI**

Further injury to the brain from jarring or collision before it has recovered from a concussion can result in a more severe concussion. People can die from concussion, it is not to be taken lightly. The affected individual is not always a reliable reporter, in part due to the brain injury, so it is important parents be informed and understand what they are watching for. Once cleared by a health care provider qualified to treat concussions to begin a Return to Play Protocol, there are five steps-

**Baseline**: Participating in regular school activities, no symptoms from the injury, permission from health care provider to begin Return to Play

**Step 1**: Light aerobic exercise designed to increase heart rate- 5-10 minutes of walking or light jogging. No weightlifting or strenuous activity. No pain or discomfort

**Step 2**: Activities to increase heart rate and body/head movement such as moderate jogging, brief running, moderate intensity weight lifting- fewer reps, lower weights than usual. No discomfort

**Step 3**: Heavy non-contact physical activity- sprinting, running, regular weightlifting, non-contact sport specific drills using 3 planes of movement.

**Step 4**: Practice and full activity in a controlled practice setting.

**Step 5**: Full participation in competition with written permission from Health Care Provider.

Parents and coach monitor for concussion signs/symptoms at each step in the progression. **In the event of symptoms, consult with Health Care Provider- once authorized, resume at the previous step and do not progress unless there are no signs or symptoms.**

**I have received the above information related to concussions and, in the event of a suspected concussion, will regard the well-being of the individual as my greatest concern.**

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Signed