



HILLSBOROUGH BASEBALL LEAGUE: CONCUSSION PROTOCOL AND POLICY

Concussion Action Plan

Any player who has sustained a head injury or whom a manager or assistant manager suspects may have sustained a head injury shall be subject to the following requirements:

1. The player athlete must be removed from play;
2. The player athlete must be evaluated by a health care professional experienced in evaluating for concussion. Managers, assistant managers, coaches, and parents should not try to judge the seriousness of the injury themselves;
3. The manager or assistant manager shall verbally inform the athlete's parents or guardians about the possible concussion and distribute to them the fact sheet on concussion awareness and/or direct them to the fact sheet on concussion awareness located on the HBL web-site;
4. No athlete may return to play until all of the requirements of the HBL Return to Play policy are satisfied; and
5. The Manager or Assistant Manager must complete an Incident Report Form (located on the HBL site) and forward the completed Incident Report Form to safety@hillsboroughbaseball.org and president@hillsboroughbaseball.org

Return to Play

Any player who has sustained a head injury or who is suspected of having sustained a head injury shall:

- 1) Not return to the field of play the same day of the head injury under any circumstances;
- 2) Visit a licensed health care professional for evaluation and have the professional complete an HBL Concussion Return to Play Form which shall be returned to safety@hillsboroughbaseball.org and president@hillsboroughbaseball.org before play may be resumed; and
- 3) The player's athlete parent(s) or guardian(s) shall review and acknowledge receipt of a Concussion Information Sheet before returning to practice or game play. Copies of these materials may be found on the HBL web-site.

Volunteer Requirements

Any volunteer who seeks to participate in HBL shall undergo the free on-line Heads Up concussion awareness course provided by the Centers for Disease Control located at <http://www.cdc.gov/headsup/youthsports/training/index.html>. Upon completion of the course, the volunteer must provide a copy of the completed Certification to safety@hillsboroughbaseball.org.