



Baseball PEI Concussion Policy

Preamble: Baseball PEI is committed to maintaining the health of its players, and believes that a player's health is the utmost importance. Baseball PEI recognizes the dangers of concussions and brain injuries, and their long-term effects. As a result, Baseball PEI will enact a Concussion Policy as a tool to help manage concussed and possibly-concussed players and preserve the health of its players and members. This Policy applies to all players, coaches, officials and administrators of Baseball PEI.

Return to Play Procedure from Concussions: Baseball PEI adopts and adheres to the Coaches Association of Canada (CAC) Return to Play Procedure for concussions (<http://www.coach.ca/files/returntoplayguidelines.pdf>).

Procedure for Concussions and/or Possible Concussions:

- During all baseball events, competitions, and practices, participants will use their best efforts to:
 - Be aware of incidents that may cause a concussion, such as:
 - Falls
 - Accidents
 - Collisions
 - Head trauma
 - Understand the symptoms that may result from a concussion, such as:
 - Nausea
 - Poor concentration
 - Amnesia
 - Fatigue
 - Sensitivity to light or noise
 - Irritability
 - Poor appetite
 - Decreased memory
 - Identify players or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms
- Players who have been involved in an incident that may cause a concussion and who may exhibit symptoms of a concussion shall be identified and removed from the baseball activity.
- Following the player being removed from the baseball activity, the player's coach, team trainer or other individual in charge of the player (if the player is a minor) should:
 - Call an emergency number (if the situation appears serious)
 - Notify the potentially-concussed player's parent (if the player is a minor) or someone close to the player (if the player is not a minor)
 - Have a ride home for the potentially-concussed player arranged if parents are not in attendance
 - Isolate the potentially-concussed player into a dark room or area if possible
 - Reduce external stimulus around the potentially-concussed player (noise, other people, et cetera)
 - Remain with the potentially-concussed player until he or she can be taken home
 - Encourage the consultation of a medical doctor immediately for the potentially-concussed player
- Once the player's immediate needs have been met, the player and his/her family is to be directed to the CAC Return to Play Procedure (<http://www.coach.ca/files/returntoplayguidelines.pdf>).

Requirements to Return to Baseball Activity after Concussions

- The CAC Return to Play Protocol, which will be adopted and used by Baseball PEI for any players who suffer from a concussion, requires the player to consult with a medical doctor before returning to any baseball activity after being concussed.
- Baseball PEI will require the athlete to obtain medical clearance before permitting the player to resume baseball activity with the team/Association
 - After being medically cleared, the player or his/her family/guardians will provide their Association with a doctor's note, which in turn, will be sent to Baseball PEI to verify that the player can safely return to baseball-related activities.