



# Healdsburg Little League

www.healdsburgbaseball.com

## **Concussion Prevention, Treatment and Management Policy**

In 2017, the California Legislature enacted a law entitled “Youth Sports Concussion Protocols” that applies to all youth sport organizations and governs steps that must be taken by the organization, parents, and youth athletes.

A concussion is a brain injury that results from a bump, blow, or jolt to the head or body which causes the brain to move rapidly in the skull and which disrupts normal brain function. The Centers for Disease Control Prevention of the United States Department of Health and Human Services estimates that as many as 3.8 million concussions occur each year in the United States which are related to participation in sports and other recreational activities. Athletes who continue to participate in an athletic activity while suffering from a concussion or suffering from the symptoms of an injury to the head are at greater risk for catastrophic injury to the brain and even death. Ensuring that a Little League player who sustains or is suspected of sustaining a concussion or other injury to the head received appropriate medical care before returning to baseball activity will significantly reduce the child’s risk of sustaining greater injury in the future.

THEREFORE, Healdsburg Little League hereby adopts the following policy for purposes of prevention, treatment and management of injuries to the head that may occurring during a player’s participation in the Little League Program, including, without limitation, a concussion of the brain:

1. Prior to a team’s first practice session each season, every manager, coach and adult shall:
  - a. Familiarize themselves with the CDC publication “Heads Up – Concussions in Youth Sports – A Fact Sheet for Coaches.” This publication will be provided to all such individuals by the League Safety Officer or other board members; and,
  - b. Complete the CDC online training course at:  
[http://www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)  
A Copy of the Certificate of Completion for each of the above individuals shall be submitted to the League Safety Officer.
2. If a Little League player sustains, or is suspected of sustaining, an injury to the head while participating in any Little League game or event, the player must:
  - a. Be immediately removed from the game or event for the remainder of the day, and may only return to Little League activity if the parent or legal guardian of the player provides a signed statement from a provider of health care indicating that the youth is medically cleared for Little League participation and the date on which the player may return to participation.
  - b. An athlete who sustained a concussion shall complete a graduated return to play protocol of not less than seven (7) days in duration under the supervision of a licensed health care provider.
  - c. If an athlete has been removed from Little League activity, the League shall notify a parent or legal guardian of that athlete of the time and date of the injury, the symptoms observed and any treatment provided to that athlete for the injury.
3. The Little League player and his or her parent or legal guardian must sign the statement below acknowledging that they have read and understand the terms and conditions of the policy, and agree to be bound by the policy.



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## Player and Parent Acknowledgement

We, the undersigned, acknowledge that we have been provided with a copy of the Healdsburg Little League Concussion Prevention, Management and Treatment Policy, and that we have read and understand the policy, or it has been read to us and we understand the same. WE hereby agree to follow all procedures set forth in said Policy at all times during which our son or daughter participates in Little League activities and events.

Player: \_\_\_\_\_ Dated: \_\_\_\_\_

Parent/  
Legal Guardian: \_\_\_\_\_ Dated: \_\_\_\_\_

Parent/  
Legal Guardian: \_\_\_\_\_ Dated: \_\_\_\_\_