

Burlington Harwinton Little League (BHLL) Concussion Protocol

Purpose

The purpose of the concussion protocol is to provide awareness and guidance to the assessment and management of a player suspected of sustaining a concussion via a direct or indirect blow to the head and/or body.

1. Definition of a Concussion

- a. A concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth.
- b. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells. These changes in the brain lead to symptoms that may affect how a child thinks, learns, feels, acts and sleeps.

2. Signs and Symptoms of a Concussion

- a. **Physical:** Headache, dizziness, nausea, vomiting, blurred vision, sensitivity to light/noise, balance problems.
- b. **Cognitive:** Confusion, appearing dazed or stunned, forgetting plays, slurred speech, answering questions slowly.
- c. **Emotional/Behavioral:** Personality changes, irritability, sadness, or anxiety.

3. Call 911 if you see any of the following symptoms

- a. Brief or sustained loss of consciousness
- b. Worsening or severe headache
- c. Displays confusion
- d. Seizures
- e. Unequal pupil size
- f. Slurred Speech
- g. Clear or bloody fluid draining from the nose and/or ear(s)
- h. Vomiting

4. Process to Follow if you Suspect a Concussion

- a. Any player suspected of sustaining a concussion—via a direct or indirect blow to the head/body—must be **immediately removed from play** and not return the same day. “When in doubt, sit them out.”
- b. Inform parents or guardians immediately.
- c. The player must be evaluated by a trained healthcare professional
- d. A written "return to play" document is required from a healthcare professional before returning to games or practices. A licensed healthcare professional must provide written clearance before the player can resume activity.

5. Documentation and Notification

- a. Within 24 hours of the incident, coaches are required to complete the **BHLL Accident Report** Form and submit the report to the BHLL Safety Officer.

6. Required Training for Coaches

- a. All BHLL coaches are required to take the Center for Disease Control (CDC) HEADS UP Concussion training annually.

Approved: March, 2026