

UTAH STATE BABE RUTH LEAGUES INC. Concussion and Traumatic Head Injury Policy

A concussion or traumatic brain injury is an injury to the head arising from blunt trauma, an acceleration force, or a deceleration force that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you are not knocked out or lose consciousness
- Can be serious even if you've just been "dinged"

Signs and symptoms of a concussion or traumatic brain injury include:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double vision or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Loss of consciousness
- Seizures
- Irritability
- Does not "feel right"

In accordance with Utah Code Title 26, Chapter 53, Section 301, Utah State Babe Ruth Leagues Inc. hereby establishes the following policy in order to protect players with suspected head injuries.

1. A player who is suspected of a potential concussion or traumatic head injury shall be removed from participating in play. The decision to remove a player can be made by a State Official, Coach, Tournament Director or Umpire.
2. A player removed due to a suspected potential concussion or traumatic head injury is prohibited from participating in any Post Season activities, including practice and games, until they are evaluated by a qualified health care provider who is trained in the evaluation and management of a concussion.
3. In order to return to Utah State Babe Ruth League sponsored activities, a written statement from the qualified health care provider stating that the provider has successfully completed a continuing education course in the evaluation and management of a concussion **and** that the player is cleared to resume participation in Utah State Babe Ruth League activities with a copy on file at Utah State Babe Ruth Leagues Inc. headquarters.
4. State or District Commissioners to verify with the certifying health care provider that the player is indeed cleared to resume league activities.

This policy will be posted on the State website at www.utahbaberuthbaseball.com

Additional resources are available from the US Department of Health and Human Services Centers for Disease Control and Prevention at www.cdc.gov/concussioninyouthsports