



Concussion Policies and Program

Definitions

Concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a "ding," or what seems to be a mild bump or blow to the head can result in a concussion.

Licensed Health Care Provider means a licensed physician or physician assistant, a licensed psychologist with specialty training in neuropsychology (neuropsychologist); or a licensed nurse practitioner.

Return-to-play means participation in a non-medically supervised practice or athletic competition after a period of exclusion.

Athlete means any player participating in any try-out, practice or contest of an EYO Team.

Youth sports program means a program organized for recreational athletic competition or instruction for participants who are under the age of 21 years.

EYO – Elkridge Youth Organization

Coach's Education

EYO will require that each coach is trained in concussion risk and management.

To accomplish this training, each coach shall be required to complete the Howard County Recreation and Parks Coaches Registry application process. This process includes the completion of the National Federation of High School's on-line concussion certification training course

Proof of Completion –

Upon completion of the on-line course, and the coaches registry application, coaches will receive a coaches identification badge from HCRP which will serve as proof of the completion of the required concussion training.

Concussion Awareness for Athletes, Parents or Guardians

EYO shall require all athletes, parents or guardians, to receive an informational sheet describing:

- *The nature and risk of a concussion or head injury*
- *The criteria for removal from play and return to play*
- *The risks of not reporting injury and continuing to play*
- *Appropriate academic accommodations for diagnosed concussion victims*

Informational materials used emanated from the Center for Disease Control's (CDC) tools for youth and high school sports coaches, parents, athletes, and health care professionals

EYO has posted parent and athlete concussion information sheets on its website

Required Acknowledgement

Every athlete and at least one parent or guardian must sign and date the Parent & Athlete Concussion Information Sheet and submit it to their coach prior to playing or practicing in any EYO activity

Removal from Play

After an appropriate medical assessment, any athlete suspected of sustaining a concussion shall immediately be removed from practice or play.

Return-to Play

The athlete shall not return until cleared by a licensed health care provider authorized to provide sports physical examinations and trained in the evaluation and management of concussions.

*Proof of clearance for return-to-play shall be documented by the athlete's parent or guardian submitting the **Medical Clearance for Suspected Head Injury Form** to their coach. This form must be completed by a Licensed Health Care Provider.*

*The parent or guardian and head coach must then complete and sign the **Return to Play Protocol Form** as the steps are completed. Both the Return-To-Play Protocol and Medical Clearance forms must be given to the sport commissioner within seven (7) days of completion.*

The forms can be found on the EYO website in the "More Information" section under "Bylaws and Policies".

Required Protective Gear

Every athlete participating in baseball or softball is required to wear a batting helmet while batting or in the field of play as a base runner or on-deck batter or base coach. All helmets must be NOCSAE certified. A helmet certified to a NOCSAE standard provides a substantial level of protection for serious head injuries, including concussions, but the NOCSAE helmet standard is not a concussion standard, and no helmet can prevent all concussions, even those certified to the NOCSAE standard. Currently there are no helmet standards in existence that are concussion specific. NOCSAE has been and is currently dedicating millions of dollars in concussion specific scientific research to try and identify criteria that could be used in a concussion specific helmet standard.

Youth Sports Programs use of School Property

Youth sports programs seeking to use school facilities must verify distribution of concussion information to parents or guardians and receive verifiable acknowledgement of receipt.

EYO will annually affirm to the local school system of their compliance with the concussion information procedure in accordance with Maryland Department of Education Concussion policies.