



Murray Babe Ruth Concussion and Head Injury Policy

In 2011, Utah Governor Herbert signed the bill 204: [Protection of Athletes with Head Injuries](#) into law. The law requires all youth sports organizations to implement policies and procedures surrounding players suspected of experiencing a head injury/concussion. Murray Babe

Ruth places the safety of our players first and foremost above all other concerns. Accordingly this policy has been introduced to protect our players and to comply with Utah Law.

It's important that all parents and coaches read and fully understand this policy and commit to follow it.

What is a Concussion?

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

Headaches – Pressure in Head – Nausea or Vomiting – Neck Pain – Balance issues or Dizziness – Blurred, Double, or Fuzzy Vision – Sensitivity to Light or Noise – Feeling Sluggish, Slowed Down, Foggy or Groggy – Drowsiness – Change in Sleep Patterns- Amnesia – Fatigue or Low Energy – Sadness, Nervousness, or Anxiety – Irritability – More Emotional – Confusion- Concentration or Memory Problems – Repeating the Same Question or Comment – Just “Don’t Feel Right”

Signs Observed by Teammates, Parents and Coaches may include the following:

Appears Dazed – Vacant Facial Expression – Confused About Assignment – Forgets Plays – Is Unsure of Game, Score or Opponent – Moves Clumsily or Displays Lack of Coordination – Answers Questions Slowly – Can't Recall Events After a Hit – Can't Recall Events Prior to Hit – Any Change in Typical Behavior or Personality – Loses Consciousness – Shows Behavior or Personality Changes – Slurred Speech – Seizures or Convulsions

What can happen if my Athlete keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after the concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of officials, coaches, parents and players is the key for a young athlete's safety.

If you think your child/player has suffered a concussion:

Any athlete, under the age of 18, suspected of suffering a head injury or concussion must be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance. Written medical clearance must state that the athlete has been evaluated by a qualified health care provider, licensed under Utah Code Ann, Title 58, who is trained in the evaluation and management of concussions; and that the qualified health care provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion; and the athlete is cleared to resume participation in the County sporting program or event.

Licensed Health Care Providers acceptable to make the determination:

1. Medical Doctors (MD)
2. Doctor of Osteopathy (DO)
3. Advanced Registered Nurse Practitioner (ARNP)
4. Physician's Assistant (PA)
5. Licensed Certified Athletic Trainers (ATC)

You should also inform your child's coach if you think that your child/player may have a concussion. Remember, it's better to miss one game than miss the whole season or risk permanent injury. "When in doubt, sit them out".

Additional resources for parents and coaches can be found at the CDC website:

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

Coaches are encouraged to discuss with and distribute the following flyer to their teams

[http://www.cdc.gov/concussion/headsup/pdf/Parent Athlete Info Sheet-a.pdf](http://www.cdc.gov/concussion/headsup/pdf/Parent_Athlete_Info_Sheet-a.pdf)