

# Kickball520 Concussion Protocol

## Definition

A concussion is a type of traumatic brain injury—or TBI—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. 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.

(Source: CDC [https://www.cdc.gov/headsup/basics/concussion\\_what\\_is.html](https://www.cdc.gov/headsup/basics/concussion_what_is.html))

## Signs and Symptoms

Symptoms of mild TBI and concussion are different for each person. Symptoms may change during recovery. For example, you may have headaches and feel sick to your stomach earlier on. A week or two after your injury you may notice you feel more emotional than usual or have trouble sleeping.

### After a mild TBI or concussion:

- A person may not recognize or admit that they are having problems
- A person may not understand how the symptoms they are experiencing affect their daily activities
- Problems may be overlooked by the person with the mild TBI or concussion, family members, or healthcare providers
- In rare cases, a dangerous blood clot that crowds the brain against the skull can develop. The people checking on you should call 9-1-1 or take you to an emergency department right away if you:
  - Have a headache that gets worse and does not go away
  - Experience weakness, numbness, decreased coordination, convulsions, or seizures
  - Vomit repeatedly
  - Have slurred speech or unusual behavior
  - Have one pupil (the black part in the middle of the eye) larger than the other
  - Cannot recognize people or places, get confused, restless, or agitated
  - Lose consciousness, look very drowsy or cannot wake up

(Source: CDC <https://www.cdc.gov/traumaticbraininjury/concussion/symptoms.html>)

## Removal from activity criteria

In the event that a referee or player witnesses a collision or impact that may have caused head trauma or jarring (including any contact between a player's head and another object / body), play is to be stopped immediately and the player should be assessed for signs of a concussion. If the player has one or more of the symptoms described below, they will be removed from play and asked to seek medical care.

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|---|--|
| - Problems with concentration or memory | - Sensitivity to light or noise        |
| - Double or fuzzy vision                | - Headache                             |
| - Dizziness or lightheadedness          | - Nausea / Vomiting                    |
| - Feeling "foggy"                       | - Loss of consciousness (even briefly) |

The result of the play stands at the referee's discretion. If the player was a runner at the time of injury, a substitution may be permitted per AKA injured player guidelines.

## Return to Play guidelines

A player who is removed from the game for concussion symptoms may not return to play until they have provided a signed physician's note indicating a sign-off for return to play. Referees will be required to report names to the Commissioner for follow-up.