

Chandler Youth Baseball Concussion Protocol

A concussion is defined as 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 & 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.

Symptoms range from mild to severe and can last for hours, days, weeks or even months.

Common symptoms include:

- A headache or a feeling of pressure in the head
- Temporary loss of consciousness
- Confusion or feeling as if in a fog
- Memory loss surrounding the traumatic event
- Moves clumsily
- Dizziness
- Ringing in the ears
- Nausea
- Vomiting
- Slurred or slowed speech
- Delayed response to questions
- Appearing dazed
- Double vision
- Fatigue

If a player is experiencing any of the above symptoms, because of a possible concussion, remove the player from the activity and seeking medical attention if necessary.

If a player has received a concussion as a result of participating in a Chandler Youth Baseball event (practice or game), then a note from a licensed physician releasing the player to play will be needed prior to any future practices or games.

For further information pertaining to concussions, please refer to the CDC hyperlink:

[What Is a Concussion? | HEADS UP | CDC Injury Center](#)