

CONCUSSION MANAGEMENT PLAN - SUN CITY GRAND SOFTBALL LEAGUE

Sports Concussion

Concussions are traumatic head injuries that occur from both mild and severe blows to the head. Signs of a mild concussion -- confusion, disorientation and memory loss -- may disappear within minutes or may not be reported by the athlete. If an athlete continues playing under such conditions, they risk serious, long-term effects, particularly if they suffer another head injury before healed. Ignoring concussion symptoms increases the risk of suffering another, more serious, head injury, neurological impairment, depression or cognitive deficits.

Signs and symptoms generally show up soon after the injury. However, you may not know how serious the injury is at first and some symptoms may not show up for hours or days. For example, in the first few minutes a player may be a little confused or a bit dazed, but an hour later the player might not be able to remember how he or she got hurt.

You should continue to check for signs of concussion right after the injury and a few days after the injury. If the player concussion signs or symptoms get worse, you should take him or her to the emergency department right away.

Early Concussion Symptoms May Include:

- Confusion
- Disorientation
- Memory loss
- Unconsciousness
- Unequal size pupils
- Headache
- Dizziness
- Tinnitus
- Nausea
- Vomiting
- Vision changes

Late Concussion Symptoms May Include:

- Memory disturbances
- Poor concentration
- Irritability
- Sleep disturbances
- Personality changes
- Fatigue

Head Injury Treatment Guidelines

1. Stop Playing

The first treatment step for anyone with a head injury is to stop playing the sport and rest. Get off the field and take some time to assess the situation and get appropriate care.

2. Seek Immediate Medical Attention

If the person who suffered the head injury loses consciousness, shows signs of confusion, has nausea, bleeding, drowsiness or other unusual behavior or head injury symptoms, call 911 immediately.

3. Perform Necessary First Aid

If the person shows any of the above signs of a serious head injury, get immediate assistance and perform any necessary first aid while awaiting emergency help.

4. If Unsure, Go to the ER

If you aren't sure how serious the head injury is, get it checked out at a trauma center or emergency room; a head CT scan may be used to diagnose bleeding in the brain.

5. Watch For a Sudden or Dramatic Change in Symptoms, Behavior or Comprehension

Any sudden change in level of symptoms -- such as a mild headache that suddenly becomes intense, sudden dizziness, sudden increase in drowsiness, etc. -- requires immediate medical attention.

6. Watch For Delayed Head Injury Symptoms

Even if you don't have obvious signs of a head injury, you should be alert to any symptoms that appear within hours or even a few days of a head trauma. If you notice any delayed symptoms such as a headache, dizziness, vomiting, confusion or loss of coordination, seek medical attention immediately.

7. Pay Close Attention to Head Injuries in Children, the Elderly, or Anyone on Blood Thinners

Because blood thinners (such as warfarin) can increase bleeding during injuries, what might otherwise be a mild head injury can develop a major bleed if a person is taking blood thinners.

1/24/18: The Board recommends that any suspected injury that involves the head, neck or back requires that a manager ensure that 911 is called, regardless of the injured player's wishes.