

## **Four Corners Fastpitch Association Concussion Policy**

Four Corners Fastpitch Association values the welfare of our softball athletes. Concussion management of young athletes is an important issue for all of us. It is our responsibility as clubs, officials, coaches and parents to ensure that athletes suspected of sustaining a concussion or traumatic brain injury are managed carefully, and that a qualified health care provider clears their return to sport program.

### *FCFA Concussion Policy*

- **All coaching staff and league officials are required to take a mandatory concussion course, once completed the certificate will need to be provided to the VP of your age division. The link to the free course can be found on the league website at [www.fourcornersfastpitch.com](http://www.fourcornersfastpitch.com) under the Coaches Corner**
- **If a course has previously been completed through another league, association or sport in the last two years you may provide a copy of the certification to the VP of your age division.**

Any FCFA participant under the age of 18 years suspected of having sustained a concussion/ traumatic brain injury must be removed immediately from participation in league activities (e.g. sanctioned training, practice, camps, competitions or tryouts). The minor athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in FCFA (USSSA Softball) sporting events by a qualified health care provider trained in the evaluation and management of concussive head injuries. The health care professional must certify to the league in the clearance letter that she has successfully completed a continuing education course in the evaluation and management of concussive head injuries within three years of the day on which the written statement is made.

Upon removal of a minor athlete from participation for a suspected concussion/traumatic brain injury, the league representative or member coach making the removal must inform the Risk Manager. Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance (as described above) to FCFA Risk Manager in order to be permitted to participate in USSA sporting events.

### *Definition*

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a “mild” brain injury because concussions are usually not life threatening. Even so, their effects can be serious.

## *Risk of Continued Participation*

A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage and even death.

FCFA recommends that the coaching staff, parents and board members review the Center for Disease Control's resources on concussion awareness at

[//www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

**In summary and consistent with local, state statute 22-13-31.1 et seq., federal laws and regulations:**

- Adopted a concussion policy.
- Informed the coaching staff and league officials of the policy.
- Required removal of minor athlete suspected of having sustained a concussion.
- Prohibited minors from participating in all FCFA USSSA activities until cleared by a qualified medical provider trained in concussion management.

## FCFA Concussion Action Plan

- Remove the athlete from activity – training or competition, when suspected of having sustained a concussion or TBI.
- Inform the athletes' parents/guardian.
- Allow the athlete to return to sport when cleared by a qualified medical provider trained in concussion management.

## FCFA Administrative Role

- FCFA has provided a link to complete a free Concussion course and outlined how documentation of the course is to be provided to league officials.
- Risk Management will receive notifications from coaches/officials/clubs of suspected concussions.
- Risk Management will place athletes suspected of sustaining a concussion on "medical hold".
- Risk Management will remove an athlete from medical hold once they receive the Concussion Medical Evaluation form signed by a licensed health care provider who is trained in the evaluation and management of a concussion and who has, within three years before the day on which the written statement is made.

## What Will I Learn in This Training?

This course will help you:

- Understand a concussion and the potential consequences of this injury,
- Recognize concussion signs and symptoms and how to respond,
- Learn about steps for returning to activity (play and school) after a concussion, and
- Focus on prevention and preparedness to help keep athletes' safe season-to-season.

## What is Needed to Take this Training?

To complete this training course, you will need to use a computer, tablet, or smartphone with an internet connection. This training works best with a high-speed, broadband internet connection, as well as an up-to-date web browser and operating system. Older computers may crash while using the training. Please review the following system requirements for the best training experience:

### For computer access

#### PC:

Compatible Operating System: Vista, Windows XP, Windows 7, 8, or 10

Web Browser: Internet Explorer 10 or higher, Firefox or Chrome (latest versions)

#### Mac:

Compatible Operating System: OS X (version 10.7 or higher)

Web Browser: Firefox, Chrome or Safari (latest versions)

### For mobile access

**iOS:** version 7 or higher

**Android:** version 2.3 or higher

Closing or refreshing your browser while taking the training course will take you back to the beginning of the training. However, your progress will be saved. You can return to your last completed session using the clipboard found in the top left-hand corner of your screen. You may also log out and log back in to the training at any time to continue your session.

Steps:

1. Login-Register
2. Register
3. Total time needed 25-30 minutes.

**Implemented Spring 2019**