



CONCUSSION RESPONSE PROTOCOL & SAFE RETURN TO PLAY PLAN

The Miracle League of Franklin County (“MLFC”) has developed this protocol to address the issue of the management of concussions for registered athletes/volunteers.

A safe return to activity protocol is important for all athletes/volunteers following any injury, but it is essential after a concussion. The goal of this concussion protocol is to ensure that concussed or potentially concussed athletes/volunteers are identified, treated and accommodated appropriately according to the MLFC Safe Return to Play Plan.

All Board members are required to certify in concussion management training annually, and sign off that they are familiar with the “**CONCUSSION RESPONSE PROTOCOL & SAFE RETURN TO PLAY PLAN.**” The written documentation evidencing completion of the annual training and familiarity with the Plan and any updates thereto shall be maintained by the MLFC Training Coordinator.

Parents/Guardians, athletes and volunteers must be educated about concussions annually. The written documentation of attendance at the annual training shall be maintained by the MLFC Training Coordinator. While there is Spring and Fall Seasons, Parents/Guardians, athletes and volunteers need only attend the training once per year, but it must be attended before the athlete/volunteer participates on the field of play.

Recognition of Concussion:

These signs and symptoms – following a witnessed or suspected blow to the head or body – are indicative of a probable concussion.

- Appears dazed or stunned
- Exhibits confusion
- Moves clumsily (altered coordination)

- Balance problems
- Personality change
- Responds slowly to questions
- Forgets events prior to hit
- Forgets events after the hit
- Loss of consciousness (not required)
- Headache Fatigue Nausea or vomiting Double vision, blurry vision
- Sensitive to light or noise
- Feels sluggish
- Feels “foggy”

Any athlete/volunteer who exhibits signs, symptoms, or behaviors consistent with a concussion must be removed from play immediately, and may not return to play until the athlete/volunteer has been examined by, and received written permission to participate in activities from, a licensed health care provider. Athletes/volunteers with a suspected concussion should not be permitted to drive home, and should be encouraged to seek treatment even as a precaution. The MLFC must notify parents/guardians immediately if an athlete/volunteer sustains or may have sustained a concussion.

A MLFC representative will stay with the athlete/volunteer until a Parent/Guardian/Responsible Party has taken over the care of the injured participant.

Safe Return to Play Protocol for Athletes/Volunteers:

The Safe Return to Play Plan should start only when an athlete/volunteer has been without any symptoms for 1 week, and has a written permission form from a licensed medical provider clearing them for MLFC activities. It is important to wait a minimum of twenty-four (24) hours before resuming play because symptoms may develop several hours after an accident.

Adherence to The Safe Return to Play Plan is a requirement with no exceptions permitted.

Policy presented to the Board of MLFC: _____ day of _____, 2024

Policy Adopted by the Board of MLFC: _____ day of _____, 2024

Policy Effective Date: ____ day of _____, 2024

Corporate Secretary on behalf of the Board