



# Ontario Amateur Softball Association Concussion Policy Summary

**Step 1:** A suspected concussion has been identified and player is removed from play.  
*When present, most caring adult holds the final decision to remove players with a suspected concussion*



**Step 2:** Most caring adult completes OASA Suspected Concussion Report Form and provides a copy to:  
1) Parent / Guardian AND recommend they see a medical professional\* immediately, and  
2) OASA President Dave Northern dave.northern1@gmail.com



**Step 3:** Seeing a medical professional and obtaining appropriate diagnosis



If a player is experiencing any **'Red Flag' Symptoms:**

- Headaches that worsen
- Seizures
- Repeated vomiting
- Looks very drowsy / can't be awakened
- Unusual behavioural change
- Slurred speech
- Can't recognize people or places
- Increasing confusion or irritability
- Weakness or numbness in arms / legs
- Persistent or increasing neck pain
- Changes in stage of consciousness
- Focal neurologic signs (i.e. paralysis, weakness, etc.)

If a player is experiencing any general concussion symptoms:

**Physical:** Headaches, nausea, dizziness, sensitivity to light and noise

**Mental:** Fogginess and difficulty thinking, feeling slowed down, difficulty concentrating and remembering

**Sleep:** Sleeping more or less than usual, difficulty falling asleep and staying asleep

**Emotional and Behavioural:** Sadness, anger, frustration, nervousness / anxiety, irritable



**\*Medical professional includes:**  
Medical doctor, family physician, pediatrician, emergency room physician, sports medicine physician, neurological or nurse practitioner.  
Documentation from any other source will not be acceptable.

**Call 911 immediately**  
to go to nearest Emergency Department

Schedule an appointment immediately with a medical professional. \*Go to the nearest Emergency Department if **'Red Flag' Symptoms** appear.

**Step 4:** Was a concussion diagnosis received at medical appointment?



Send medical documentation of diagnosis to team trainer to send to OASA

Yes

No

Parent monitors for 24 – 72 hours in case symptoms appear or worsen

**Step 5:** Enter Stage 1 of OASA Return to Play Protocol

Send medical documentation of 'no' diagnosis to team trainer to send to OASA before on-field activity



Receive clearance from team trainer



**Return to game play**

Modified from Parent's Pathway for Child and Youth Concussion for York Region