



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