

# Larchmont-Mamaroneck Little League

## General Policy & Rules on Safety, Injuries and Sickness

### Applicable to All Divisions

Last Updated March 1, 2013

**GENERAL SAFETY, BATS & HELMETS:** The safety of the participants is of paramount importance to our program. For safety, no player except the batter may hold a bat. There is no on-deck circle in the LMLL. The on-deck batter is NOT allowed to take practice swings until he/she approaches the plate and is immediately next to the batter's box. All batters, base runners and (when permitted) players coaching 1B or 3B, whether in games or in practice, must wear approved helmets at all times.

**ACCIDENTS/SIGNIFICANT INJURIES:** In the event of an accident or any player incurring a significant injury the coach must notify the Division Commissioner as soon as possible. The Commissioner will provide the parent and/or the coach with the necessary accident reporting form.

**CONCUSSIONS:** If a medical professional, umpire, player's coach, or player's parent has determined a player has sustained a possible concussion in a game or practice, the player must be removed from the game and/or practice for the remainder of that day in addition to any other actions deemed medically advisable, and may only return to participation on a subsequent day pursuant to the procedures below. If a player's coach becomes aware that a player has sustained a possible concussion through any other activity, he/she shall not permit the player to participate in any practice or game until cleared through the procedures below. The player's coach and (if involved in a removal) the umpire shall inform the Division Commissioner as soon as possible following the game or practice, or following becoming aware of a possible concussion from other activity, of the player's removal and status.

**LONG-TERM INJURY/SICKNESS:** Any player who has missed practice and/or games for at least 7 consecutive calendar days due to any other injury (whether or not sustained in a LMLL activity) or illness may only return to participation pursuant to the procedures below. The player's coach shall notify the relevant Division Commissioner of any player who is (or is expected to be) absent from practice and/or games for at least 7 consecutive days due to injury or illness.

**RETURN TO PLAY:** Any player who has been determined to have sustained a possible concussion per above, or has been absent for at least 7 consecutive calendar days due to injury or sickness, may only return to participation in practices and games after (1) the player's parent provides the player's coach BOTH an evaluation and written clearance from a physician or other accredited medical provider for a return to full baseball/softball activity AND a written acknowledgement from the parent in the form provided by the LMLL and (2) the player's coach, after providing such documentation to the Division Commissioner, receives explicit clearance from the Division Commissioner for the player to return to play based on such documentation.

## ON-FIELD SIGNS OF POSSIBLE CONCUSSION

Any of these symptoms, *alone or in any combination*, after a head trauma can be a sign that a player has sustained a concussion. Even if symptoms later subside, concussion may still have occurred. An injured player demonstrating any of these symptoms should as much as possible be put in an environment of quiet/rest and counseled to seek medical attention. For more significant/severe symptoms, immediate medical help should be sought.

Physical (observe and ask the player about each area specifically)

- Balance issues/dizziness
- Drowsiness
- Feeling “in a fog”, “off”, “weird”, “slowed down”, “behind”, etc.
- Headache
- Loss of consciousness/orientation/confusion
- Memory problems (ask basic questions, like birthday, address, day, what happened, etc)
- Nausea/vomiting
- Ringing/buzzing in ears/head
- Sensitivity to light/noise
- Speech issues, e.g. slurring, loss of vocabulary
- Vision issues – e.g. blurred, seeing “stars”, pupils widely dilated or uneven

Emotional/Personality (based on coach knowledge and observation)

- Attention issues
- Easily frustrated/anxious/nervous
- Emotional/irritable
- Tearful/morose