



Concussion Protocol for Youth Players Coalpit Heath Cricket Club



What is Concussion?

Concussion is a serious brain injury that takes time to recover just like any other injury. Therefore any blow direct to the head, whether wearing a helmet or not, must be taken seriously. A concussion can be difficult to diagnose as symptoms may take time to develop. A direct blow to the head or face (i.e. any area above the shoulders) could be damaging and has the potential to cause severe brain injury. Batting, short pitched bowling, fielding close to the bat and wicket-keeping are all situations where a head injury is more likely to occur. ECB age-group fielding regulations must be adhered to at all times. (see noticeboard for fielding regulations)

Diagnosing a concussion can be difficult and can very often not be evident until some time after the injury. The player is very likely to say they are ok. Therefore we must assume they are not, and youth players must be retired from the game immediately. Any player removed from the field of play should be monitored by a responsible adult and parents must be contacted at the earliest opportunity if not already in attendance. Ignoring concussion can have serious and long term health implications.

Signs and Symptoms may include.

- A ball hitting the head or even a helmet should always instigate a Concussion Review
- Any loss of consciousness / responsiveness
- Slow to get up / lying motionless for any period
- Blank or vacant expression
- Balance / coordination problems: unsteady on feet
- Visible facial or head injury
- Loss of memory
- Disorientation / confusion, difficulty answering questions / unaware of situation

The player must be removed from the field for further assessment and first aid administered as appropriate.

Questions can include:

- What is their name? / What school do they go to?
- What team do they play for? / What venue are we at today?

On identification of concussion, further assessment from a healthcare professional must be sought at the earliest opportunity i.e taken to A&E or 999 for paramedic / ambulance.

Any player suspected of concussion:

- **RECOGNISE:** If you suspect a player may have the symptoms of concussion, tell a coach, member of the medical team or umpire.
- **REMOVE:** Any player suspected with concussion will need to leave the field to allow a full assessment and possible attendance to A&E for medical diagnosis
- **RECOVER:** The player should be rested from both physical and mental activities, as rest is the only known treatment, and an early return may provoke symptoms
- **RETURN:** If a player is diagnosed with concussion a graded return should be followed by medical advice and only once symptom free

Whilst on CHCC premises, it is our protocol that any youth player, whether home or opposition, who sustains a knock to the head with a hard ball whilst not wearing a helmet, must be retired from the match immediately. If any dispute with opposition arises on CHCC premises, the game must be discontinued. CHCC coaches to contact Chair, CSO or any committee member if support is needed.

Continuing participation following a knock to the head whilst wearing a helmet will be at first aider / coach / parent discretion

If they get a clout - Sit them out & seek medical advice

CONCUSSION FACTS Find information at: ecb.co.uk/concussion