

# Concussions

## Athletics Silent Killer

Merriam-Webster defines a concussion as:

“an injury to the brain that is caused by something hitting the head very hard”

A concussion is typically caused by: a bump, blow, or jolt to the head during which the brain moves violently within the skull. Some head injuries may appear to be mild but history has proven that concussions can have long-term effects if not treated and taken seriously. If there is any question of a concussion, the player should be removed from the game.

### Early Symptoms:

- 👁️ **Confusion**
- 👁️ **Disoriented**
- 👁️ **Headache**
- 👁️ **Irritability**
- 👁️ **Nausea**
- 👁️ **Vision impairment**



### Later Symptoms:

- 👁️ **Memory disturbances**
- 👁️ **Poor concentration**
- 👁️ **Irritability**
- 👁️ **Sleep disturbances**
- 👁️ **Personality changes**
- 👁️ **Fatigue**

### PLAY IT SAFE

If you even suspect a concussion:

- 👁️ **Remove from practice / game**
- 👁️ **Notify the parents**
- 👁️ **Seek medical treatment**



# Weather



### Rain:

- ☀️ Determine the storms direction
- ☀️ Continually evaluate the playing field
- ☀️ Stop if the playing conditions become unsafe -- use common sense.
- ☀️ During a game, consult with the other managers and umpires

### Lightning:

#### Thunderbolts and lightning, very very frightening

- ☀️ The average lightning strike is 5-6 miles long
- ☀️ On average, the thunder from a lightning strike can only be heard over a distance of 3-4 miles
- ☀️ By the time you feel the wind; the storm can be less than 3 miles away!



If you can  
**HEAR, SEE, or FEEL** a thunderstorm  
**IMMEDIATELY** suspend play and get everyone to safety



### Heat:

- ☀️ Teach Proper Hydration
  - Water / Gatorade / Powerade
  - NO Soda / Caffeine / Carbonation
- ☀️ Hydrate early and often:
  - Start the night before
  - Every 15 mins in practice (5oz)
  - Every time they leave the field in a game (5 oz)
- ☀️ If a player looks distressed get him/her into the shade of the dugout ASAP.
- ☀️ If a player should collapse
  - 👁️ call 9-1-1 immediately
  - 👁️ Hydrate with water
  - 👁️ Cool with ice bags/packs

# STAY HYDRATED

# Wylie

## Baseball and Softball Association

### Safety Guide



"Ensure every child in our community has the opportunity to participate in organized baseball and softball."



# SAFETY FIRST

**BACKGROUND CHECK REQUIRED FOR ALL COACHES AND VOLUNTEERS**  
**NO EXCEPTIONS**

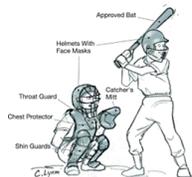
# CHILD ABUSE

# ZERO TOLERANCE



# Player Safety Is Your Responsibility

- 🕒 Inspect all equipment for condition and fit prior to practice / game
- 🕒 Never leave a player unattended at a practice or game
- 🕒 Coach/Umpire: Inspect game/practice field prior to use
- 🕒 Only league approved coaches are allowed to practice teams
- 🕒 Only league approved coaches are allowed in the dugout during games
- 🕒 No play when conditions aren't safe
  - 🕒 Poor Lighting
  - 🕒 Inclement Weather
- 🕒 NOCSAE batting helmets required
  - 🕒 Face Shield and Chin Strap Required for Softball
- 🕒 Catchers:
  - 🕒 Chest Protector Required
  - 🕒 Shin Guards Required
  - 🕒 Catchers Helmet Required
  - 🕒 Dangling Throat Guard Required
  - 🕒 Cup Required for Male Catchers
- 🕒 Adults may not catch for pitchers at any time
- 🕒 No Jewelry except medical alert items which must be taped down
- 🕒 No open wounds
- 🕒 Encourage safety glasses for players wearing eye glasses
- 🕒 Heart protector recommended for pitchers
- 🕒 Fielders Mask recommended for Pitchers and Third Base in Softball



# Accident Procedures

- + Administer First Aid
- + Call 911 if necessary.
  - 📞 If 911 is called
    - 🕒 stay with the player
- + Reassure the injured party and spectators.
- + Contact the parent / guardian.
  - 🕒 If unavailable, emergency contact listed on the medical release form
- + Control the activity around the injured
  - 🕒 Clear people from the area
  - 🕒 Maintain calm
- + Any injury requiring professional medical care requires a physician's clearance prior to returning to play or practice.

# Reporting Procedures

- 📄 Report all accidents within 24 hours
  - 🕒 Report all accidents, not just those requiring medical attention
- 📄 Complete Accident form
  - 🕒 On safety page of website
- 📄 Contact the league safety officer
  - 📞 Voice mail with:
    - ① Player Name
    - ① Parent Guardian Contact #
    - ① Description of accident
  - 📧 Email accident form

# Safety Officer

Tony Townsend  
(214) 240-9402  
actownsend@verizon.net



# Contact Numbers 9-1-1

Emergency Contact Numbers	
Police	<b>911</b>
Fire	
Ambulance	
Non Emergency Contact Numbers	
Wylie Police	(972) 442-8170
Wylie Fire	(972) 442-8110
Medical Facilities	
Lake Point Emergency SVC	(469) 366-3400
Baylor Emergency Med Ctr	(214) 294-6150
Methodist Med Center	(469) 204-1000
Baylor Med Center Garland	(972) 487-5000
Field and Parks	
Wylie Field Hotline	(972) 516-6350
Wylie Parks and Rec	(972) 516-6370
League Contacts	
WSA President: Lance Wallace	lwallacetx@gmail.com
Baseball V.P. : Stephen Pilant	spilantjr@msn.com
Softball V.P. : Sam Dominguez	wyliesoftball@yahoo.com
BB Player Agent: Michelle Shade	mbshade@msn.com
SB Player Agent: Kristie Hoffman	kristiehoffman@hotmail.com
Safety Officer: Tony Townsend	actownsend@verizon.net

