



Ladera Ranch American  
Ladera Ranch National  
North Mission Viejo  
San Clemente American  
San Clemente National

**Little League**  
**California District 68**  
P. O. Box 3025  
Mission Viejo, California 92690

San Juan Capistrano  
Santa Margarita American  
Santa Margarita National  
South Mission Viejo  
Trabuco Canyon  
Viejo



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## **CONCUSSION AND SUDDEN CARDIAC ARREST AWARENESS INFORMATION SHEET**

### **Why am I getting this information sheet?**

You are receiving this information sheet about Concussions and Sudden Cardiac Arrest because of California state law Assembly Bill 379, Division 106, Article 2.5. Protocols [124235-124236].

The law requires a youth-athlete who may have a concussion or signs of cardiac arrest during a practice or game to be removed from the activity for the remainder of the day.

1. Any athlete removed for these reasons must receive a written note from a physician before returning to practice or games. This note must be issued by a medical doctor.
2. Before a player can start the season and begin practice, a concussion and sudden cardiac arrest information sheet must be reviewed and signed by the player and his/her parent or guardian to acknowledge our District's policies regarding concussions and sudden cardiac arrest.

Every two years, all managers and coaches are required to receive training concerning concussions (AB 1451) and sudden cardiac arrest (AB 1639) and how to handle situations where a player may exhibit signs of concussion or cardiac arrest.

### **CONCUSSION AWARENESS**

#### **What is a concussion and how would I recognize one?**

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with such force that shakes the head. Concussions can appear in any sport and can look differently in each person.

Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the correct way, they may result in problems including brain damage and even death.

Most concussions occur without being knocked out. Signs and symptoms of concussion may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice symptoms and signs, seek medical evaluation from a physician trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 for immediate transport to the emergency department of your local hospital.



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## Signs of potential concussions to player include:

- looks dizzy
- looks spaced out
- confused about plays
- is unsure of game, score, or opponent
- moves clumsily or awkwardly
- answers questions slowly
- has slurred speech
- change in personality or way of acting
- can't recall events before/after injury
- seizures or "has a fit"
- has change in behavior or personality
- passes out

## Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Has trouble standing or walking
- Blurred, double, or fuzzy vision
- Bothered by light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Loss of memory
- "Don't feel right"
- Tired or low energy
- Sadness
- Nervousness or feeling on edge
- Irritability
- More emotional
- Confused
- Concentration or memory problems
- Repeating the same question/comment

## What can happen if my child keeps playing with concussion symptoms or returns to play too soon after getting a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same-day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be "normal," the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of concussion education is to prevent a too early return to play so that serious brain damage can be prevented.

## Removal from Activity

A player who exhibits any of the above symptoms must and will be removed from play immediately. A player removed may not return to play until they are evaluated and cleared by a physician, nurse practitioner or physician's assistant. Return to play will require a signed note from the physician, nurse practitioner or physician's assistant.



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## **How is Return to Play (RTP) determined?**

Concussion symptoms should be completely gone before returning to competition. A RTP progression is a gradual, stepwise increase in physical effort, sports-specific activities, and then finally unrestricted activities. If symptoms worsen with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a physician trained in the evaluation and management of concussions, and a stepwise progression program monitored by the manager, coach, or other league/District official.

## **SUDDEN CARDIAC ARREST (SCA)**

### **What is SCA?**

SCA occurs suddenly and often without warning. It is triggered by an electrical malfunction in the heart that causes an irregular heartbeat. With the heart's pumping action disrupted, the heart cannot pump blood to the brain, lungs, and other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

### **Who is at Risk for SCA?**

Thousands of sudden cardiac arrests occur among youth each year, as it contributes to the #2 medical cause of death of youth under the age of 25 and is the #1 cause of death of youth athletes during exercise. While a heart condition may have no warning signs, studies show that many young people do have warning signs or symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think that they are out of shape and need to train harder, or they simply ignore the symptoms hoping the signs will go away.

### **Possible Warning Signs and Risk Factors**

- Fainting or seizure, during or right after exercise
- Excessive, unexpected fatigue during or after exercise
- Fainting repeatedly or with excitement or startle
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Repeated dizziness or lightheadedness
- Racing or fluttering heart palpitations or irregular heartbeat

### **Removal from Activity**

A player who faints during an activity or following participation in an athletic activity must be removed from play immediately. A player will be removed from activities if any of the symptoms in the table above are observed. A player removed may not return to play until they are evaluated and cleared by a physician, nurse practitioner or physician's assistant. Return to play will require a signed note from the physician, nurse practitioner or physician's assistant.



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### Final Thoughts for Parents and Guardians

It is well known that youth athletes will often not talk about signs of injury, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if they experience any of the above symptoms, or if they suspect that a teammate has.

### ACKNOWLEDGMENT

We acknowledge receiving the Concussion and Sudden Cardiac Arrest Awareness Information Sheet. We have reviewed and understand the symptoms, warning signs, and risk factors associated with Concussions and Sudden Cardiac Arrest. We understand the actions of the District if a player is removed from participation due to suspicion of a concussion or a potential sudden cardiac arrest event.

\_\_\_\_\_ Date: \_\_\_\_\_  
Player's Signature

\_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_  
Print Player's Name Legibly

\_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_  
Print Parent's/Guardian's Name Legibly

**Note:** The information provided herein is informational only and is not an attempt to practice medicine or provide specific medical advice, and it should not be used to make a diagnosis or replace or overrule a qualified healthcare provider's judgment. Always consult with a qualified healthcare provider. Users should not rely on this information for emergency medical treatment. The information is not intended to be a substitute for professional medical advice or treatment.

#### References:

- California Interscholastic Federation, Sports Medicine, Concussion Information Sheet 2/2019 ([https://cifstate.org/sports-medicine/concussions/CIF\\_Concussion\\_Info\\_Sheet.pdf](https://cifstate.org/sports-medicine/concussions/CIF_Concussion_Info_Sheet.pdf))
- Centers for Disease Control and Prevention (CDC), HEADS UP to Youth Sports: Online Training (<https://www.cdc.gov/headsup/youthsports/training/index.html>)
- Eric Paredes Save A Life Foundation (<https://epsavealife.org/>)