

Concussion Communication and Management Guidelines

The following constitute the Concussion Communication and Management Guideline policies which shall be followed and adhered to by the League and all of its Parks and Participants (as hereinafter defined) participating in the League and its events, which Guidelines shall be widely disseminated and distributed to all League and Parks players, coaches, staff members, referees, officials and other Participants and prominently posted on the League and each Park's website.

1. The League and its Parks are each committed to maintain an adequate system and regularly promote a concussion awareness and safety recognition program, including, but not limited to, the online Concussion Course offered by the Center for Disease Control and Prevention ("CDC"). www.cdc.gov/ConcussionInYouthSports

2. The League and its Parks shall ensure that all of their respective coaches shall have annually viewed the CDC webinar called **HEADS UP! Concussion in Youth Sports** and been duly certified. <http://www.cdc.gov/headsup/youthsports/training/>

3. The League and its Parks shall communicate in writing (including, without limitation, by electronic means, such as email and other social media), the Concussion Awareness and Safety Recognition Program to all players, coaches, referees, parents and other Participants so that they have a clear understanding of concussions and the potential consequences of the injury; recognizing concussion signs and symptoms; and how to respond.

4. The League and its Parks shall ensure that each of them is focused on prevention and preparedness to help keep Participants safe and to learn the steps for returning to activity safely after a concussion.

5. The League and its Parks shall ensure that each of its coaches and referees has downloaded into their respective iPhones or other smartphone devices the CDC HEADS UP app which provides real time information on concussion symptoms, treatments, etc.

6. The League and its Parks shall ensure that each of them is in full compliance with the requirements of Section 943.0438 as an "Independent Sanctioning Authority" as defined therein (a copy of which statute is attached hereto as Attachment 1).

7. The League and its Parks shall ensure that each of them shall take the following 5 steps if they suspect a Participant has a concussion:

- (i) Remove the athlete from play. Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, keep the athlete out of play.
- (ii) Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion.

- (iii) Recording the following information to help health care professionals in assessing the athlete after the injury: (A) cause of the injury and force of the hit or blow to the head or body; (B) any loss of consciousness (passed out/knocked out) and, if so, for how long; (C) any memory loss immediately following the injury; (D) any seizures immediately following the injury; and (E) number of previous concussions (if any). Information shall be maintained for each player,
- (iv) Inform the athlete's parents or guardians about the possible concussion and give them the Parent Fact Sheet on Concussions in the form attached hereto as Attachment 2. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
- (v) Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first concussion - usually within a short period of time (hours, days, or weeks) - can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

For purposes of the foregoing, "Participant" means actual players, coaches, staff members, referees, officials, medical and security personnel, employees covered by workers' compensation coverage and not subject to special credentials, media personnel, VIP's and all other credentialed personnel permitted to enter any "restricted area" during occupancy by player personnel.