



## Grapevine Baseball & Softball

### Concussion Awareness & Return-to-Play Policy

For Parents & Coaches | Grapevine Baseball & Softball

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#### Purpose

Grapevine Baseball & Softball (GBS), a program of the City of Grapevine Parks & Recreation Department, is committed to providing a safe environment for all participants. Because concussions are serious brain injuries that can occur during sports activities, GBS has established the following policy to ensure suspected concussions are handled promptly and appropriately. This policy and procedure outline the guidelines for recognition, evaluation and management of concussions in athletes participating in GBS Activities.

The safety of every participant takes priority over practices, games, and competition.

**When in doubt, sit them out.**

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#### Policy

Any player who sustains a blow to the head or body and is suspected of having a concussion shall be immediately removed from participation.

Volunteer coaches, officials, and City staff are **not expected to diagnose a concussion**. Their responsibility is to recognize possible signs and symptoms, remove the player from activity, notify the parent or guardian, and report the incident to the City.

A player suspected of having a concussion **may not return to practice or play on the same day** unless the injury has been evaluated and cleared by an appropriate licensed healthcare provider. If the City is notified of a suspected concussion or an incident report is completed, written medical clearance must be provided before the participant may return to any GBS activity.

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## Responsibilities

### Coaches and Volunteers

#### **Volunteer coaches shall:**

- Immediately remove any player suspected of having a concussion
- Never allow a player with a suspected concussion to return to play the same day without medical clearance.
- Notify the player's parent or guardian as soon as possible.
- Notify City Athletics staff immediately following the incident.
- Complete an Incident Report if the injury occurs during a City practice, game, or event.
- Provide the family with the GBS Concussion Fact Sheet (or direct them to the online version).

#### **Coaches should never attempt to diagnose a concussion**

### Parents/Guardians

#### **Parents and guardians should:**

- Inform the coach if their child has been diagnosed with a concussion outside of GBS activities.
- Seek evaluation by a qualified healthcare provider if a concussion is suspected.
- Monitor their child for worsening symptoms.
- Submit written medical clearance to the City before the player returns if the City has been notified of the concussion or received an incident report.
- Be expected to comply with this Policy and support the determination made by the Coach or Instructor to remove a player from a sporting event.

### City Staff

#### **City Athletics staff will:**

- Receive and document concussion reports.
- Ensure that an Incident Report is completed when appropriate.
- Provide concussion information to parents.
- Maintain any medical clearance documentation.
- Verify medical clearance has been received before allowing the participant to return to practices or games.

## Return-to-Play Requirements

If the City is notified of a suspected concussion, the participant:

- Shall not participate in any GBS practices or games until written medical clearance is received.
  - Must submit documentation from a licensed healthcare provider stating the participant is cleared to return to sports participation.
  - May only return after City Athletics staff has received and approved the documentation.
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## Possible Signs and Symptoms

### Players may report:

- Headache or “pressure” in head
- Dizziness or balance issues
- Nausea or vomiting
- Blurred or double vision
- Sensitivity to light or noise
- Feeling sluggish or foggy
- Confusion/Memory problems
- Loss of consciousness
- Difficulty remembering events
- Not feeling “right”

### Others may observe

- Appears dazed
- Confused
- Answers slowly
- Poor balance or clumsy movement
- Forgets instruction
- Personality or behavior changes

## Emergency Warning Signs

Call **911 immediately** if a participant experiences:

- Loss of consciousness
- Repeated vomiting
- Seizure
- Worsening headache
- Slurred speech
- Unequal pupils
- Increasing confusion
- Difficulty walking
- Weakness or numbness

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## Acknowledgement

This policy will go into effect on August 1, 2026. All volunteer coaches will review this policy twice a year during GBS Coaches Meeting and be required to acknowledge understanding before the season.

Parents will have access to this policy and the Concussion Fact Sheet through the GBS website.

### Contacts:

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