

Just a friendly reminder from your PBYFL Player Safety Team:

As we enter into the full swing of full contact practices, scrimmages and games, ALWAYS REMEMBER: "Have Your Player's BACKS" when it comes to injuries!

B – Break from play – If an injury timeout is called or a player has visibly been injured, is slow to get up or sustained a bad hit (use your best judgement) the player should be brought to sideline.

A- Access the injury – Sideline staff/coaches should assess injury and determine player's ability to return to play, if its questionable, do NOT return to play.

C- Concussion Assessment- If the player complains of headache, dizziness, Nausea or Vomiting perform a concussion assessment, The player should be Alert and Oriented and able to answer basic questions such as their Name, date of birth, where they are, parents name, what grade they are in etc. Questions should be age appropriate. Perform eye movement test, have player follow your finger with eyes only, left, right, up, down and diagonal, if any jerkiness, or shakiness is observed in the eye movement, this is a cardinal sign of concussion. If ANY combination of these symptoms are observed, patient's parent should be informed and child should be taken for evaluation and will require a Doctors note to return to play.

K- Keep playing – if no significant injury or symptoms are observed player may keep playing.

S- Sit from play- If an injury or symptom IS observed, player is to sit out from play and a parent contacted depending on the extent of player's injury/illness, Injuries or concussions should be reported to PBYFL Board Player Safety Officer Jamie Carrillo.

Please Share with ALL Coaches, Team Mom's and Staff

"Always have your player's BACKS!"