

WLBA BABE RUTH

Presents:



The 2019 Pacific Northwest 14 Year Old Regional Tournament
July 21st-27th, 2019
West Linn High School
West Linn, Oregon



**Welcome to the 2019 Pacific Northwest
14 Year-Old Babe Ruth Regional Tournament
July 21 – 27, 2019
West Linn High School
West Linn, Oregon**

Congratulations on advancing to the Regional Tournament, truly a significant milestone in your players' baseball experience! We look forward to hosting you, your players, your families, and your supporters, and we hope to make this experience one that you will all remember for years to come.

The following information and schedules are designed to provide you with all of the information you will need prior to arrival and help you prepare yourself and your team for the tournament.

Please provide copies of this packet to all members of your team as well as their parents.

The tournament takes place July 21 – 27th, with arrival and opening ceremonies scheduled for July 21st.

Pool play games will be played Monday through Friday, July 22 – 26.

Semifinals and the Championship game will be held on Saturday, July 27th.

The Regional Tournament Champion will advance to the 14 Year Old World Series in Demopolis, Alabama, on August 8th-15th, 2019.



2019 Pacific Northwest 14 Year Old Babe Ruth Regional Tournament

Dear Players, Families, and Friends;

West Linn Baseball is excited to be your host July 21st through July 27th for the chance that one of these 10 teams will punch a ticket to the 2019 Babe Ruth World Series Tourney!!

In this packet you will find not only the tournament and hotel information, but also local insight and ideas to help lend a few thoughts to make the most of your trip. Anything that West Linn Baseball can do to make this memory making experience a success, please let us know how we can help. We understand and realize the sacrifices that your families have taken on this summer and want to ensure things run smooth for you and your teams.

Please do not hesitate to reach out to any of us for any kind of assistance! We have has the opportunity to host Regional and State Baseball Tourneys for Babe Ruth and Cal Ripken in the past several years. Our goal is to make this a hospitable and long lasting experience for all. We wish everyone safe and comfortable travels!

Thank you,

West Linn Baseball Association Regional Tournament Committee

Team Photos & Information

In order to run an organized and successful tournament, we need your cooperation and support. In that regard, there are several items that we will need from you prior to your arrival. **Please email the following items in .jpg or .png format to Lane Kadel at lanekadel@gmail.com**

- ✓ One 5x7 or 8x10 team photograph
- ✓ Player number and identification

Please identify in the email subject line what you are sending. We need to have all team photos no later than **Sunday, July 14th**. If we don't receive this information by 5:00 p.m. that day, your team may not have a photo in the tournament program.

Please note: these items do not take the place of the information that will need to be included with your official tournament documents, this is for program publishing. Official documentation requirements on page 5.

Tournament Fees

Rather than charging admission at the gate at this Regional Tournament, we have opted to use a Family Tournament Pass for each team. The cost for each team is \$500.00. This allows free admission for everyone to all tournament games.

Please register and pay online at:

[westlinnbaseball.org](http://www.westlinnbaseball.org) <http://www.westlinnbaseball.org/tournaments>

Tournament Officials

<p>Pacific Northwest Regional Commissioner</p> <p>Jerry Bodden 2916 Echo Hills Drive Lewiston, ID 83501 pnwbaberuth@gmail.com (208) 413-0450 cell</p> <p>Assistant Regional Commissioner 13-15 Division</p> <p>Jarl Opgrande 3101 Ammons Drive Longview, WA 98632 jarlkayo@comcast.net (360) 423-9902-H (360) 431-3489-C</p> <p>Tournament Commissioner</p> <p>Mike Sturgeon 2141 NE 24th Ave. Portland, OR 97212 msturg@comcast.net (503) 249-0981-H (503) 453-9764 - C</p>	<p>Tournament Director</p> <p>Ray Pearson (503) 866-4870 cell rphometown@gmail.com</p> <p>Umpire-in-Chief: TBD</p> <p>Tournament Headquarters</p> <p>West Linn High School 5464 W A St West Linn, WA 97068</p> <p>WLBA - West Linn Baseball Lane Kadel – President (503) 803-2029 cell lanekadel@gmail.com</p>
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Schedule of Events

Sunday, July 21st

**Location: West Linn High School,
5464 W A St.
West Linn, Or**

12:00pm – 4:30 p.m. Check-in time for all teams

- 12:00 pm: Host- West Linn Baseball
- 12:30 pm: Northern Oregon
- 1:00 pm: North Oregon (At Large)
- 1:30 pm: Southern Washington
- 2:00 pm: Southern Washington (At Large)
- 2:30 pm: Northern Washington
- 3:00 pm: Southern Oregon
- 3:30 pm: Southern Oregon (At Large)
- 4:00 pm: Montana
- 4:30 pm: Alberta

All Managers, Coaches, and Players Must be Present at Check-in unless excused by the Tournament Commissioner. At Check-in, Team Tournament books will be turned in to the Tournament Commissioner and reviewed for Required Documents (see below) and compliance. These documents will stay in the Tournament Commissioner's possession until the team is eliminated from tournament competition.

Required Documents, according to Rule 11.04, are as follows:

- ✓ **Consent to Treat Form** (required for each player)
- ✓ Cal Ripken/Babe Ruth Charter Certificate
- ✓ Proof of Insurance Certificate
- ✓ Tournament team roster certified and signed by League President
- ✓ Letter of League Eligibility Tournament Form signed by State Commissioner
- ✓ Color photograph of team, including ID of players, managers, and coaches
- ✓ Coaching Certification ID Cards or Certificates
- ✓ Upon completion of check-in, team expectations and tournament rules will be reviewed by the Tournament Officials.

Arrival Day Activities - 5:00-7:30 pm

Dinner: 5:00 - 6:30p

Manager and Coaches Meeting: 5:30 - 6:30p

Team Introduction Ceremony: 6:30 - 7:30p

Opening Ceremonies will be conducted at West Linn High School with all teams participating.

All teams should be in their full uniform for the event.

Please note that the official Babe Ruth shoulder or cap emblem must be worn either on the left shoulder sleeve or on the official Babe Ruth cap of each player, manager, and coach. For sleeveless jerseys, the emblem must be worn on the front left chest.

All team managers and coaches must wear baseball type pants and dress accordingly to represent the team colors.

Dinner: 5:00-6:30 pm

Team dinner and social for players, managers, coaches and families. Dinner is free for players and coaches with passes. Family Members will be able to eat dinner for \$5.00/plate.

RSVP appreciated for complete head count. Teams can pre-purchase for all family members while registering on-line for \$175/team family. Family includes parents, siblings, and grandparents.

Managers and Coaches Meeting 5:30 - 6:30 pm

Each team must have a representative present during the mandatory meeting which will address interpretation and discussion of rules with tournament officials and the Umpire-in-Chief.

The Managers Meeting will be conducted in the West Linn High School Batting Cages. The Tournament Commissioner and staff will go over tournament operations. The coin flip to determine Home & Visitor for Pool Play games will be determined at this time, as well.

Team Introduction Ceremony: 6:30 - 7:30p

Teams will be introduced and paraded onto the field. We will be conducting a ceremony that will include a local and well-known athletic speaker, Babe Ruth Code of Conduct, and a National Anthem Presentation.

**2019 PNW 14 Year Old Regional Team Divisions and Schedule
Pool Play and Championship Day Schedule and Bye-Days**

Date:	Game Number:	Time:
<u>Monday, July 22nd</u>		
S Oregon (At Large) vs. S. Wash (At Large)	1	9:00 AM
S. Oregon vs. Alberta	2	12:00 PM
N. Washington vs. Montana	3	3:00 PM
N Oregon Runner-Up vs. S. Washington	4	6:00 PM
Team Byes: Host (WLBA) and N. Oregon		
<u>Tuesday, July 23rd</u>		
Alberta vs. Montana	5	9:00 AM
S. Wash (At Large) vs. S. Washington	6	12:00 PM
N. Washington vs. Host (WLBA)	7	3:00 PM
N Oregon Runner-Up vs. N. Oregon	8	6:00 PM
Team Byes: S. Oregon, S Oregon (At Large)		
<u>Wednesday, July 24th</u>		
S Oregon (At Large) vs. S. Washington	9	9:00 AM
S. Oregon vs. Montana	10	12:00 PM
S. Wash (At Large) vs. N. Oregon	11	3:00 PM
Alberta vs. Host (WLBA)	12	6:00 PM
Team Byes: N. Washington, N Oregon Runner-Up		
<u>Thursday, July 25th</u>		
S. Oregon vs. N. Washington	13	9:00 AM
S Oregon (At Large) vs. N Oregon Runner-Up	14	12:00 PM
N. Oregon vs. S. Washington	15	3:00 PM
Host (WLBA) vs. Montana	16	6:00 PM
Team Byes: Alberta, S. Wash (At Large)		
<u>Friday, July 26th</u>		
S. Wash (At Large) vs. N Oregon Runner-Up	17	9:00 AM
N. Washington vs. Alberta	18	12:00 PM
S. Oregon vs. Host (WLBA)	19	3:00 PM
S Oregon (At Large) vs. N. Oregon	20	6:00 PM
Team Byes: Montana, S Washington		
<u>Saturday, July 27th</u>		
National # 1 vs. American #2	21	10:00 AM
National # 2 vs. American #1	22	1:00 PM
Winner Game #21 vs Winner Game #22 (Championship Game)	23	5:00 PM

Team Practices

Each team will be assigned a practice field prior to the start of their game. If a team has a bye and would like to practice on their off day, we have given that opportunity as well.

Please see the practice slots below, as this will be the daily practice schedule for all teams.

Practice Fields

Rosemont Ridge Middle School (Home Team's Practice Facility) 20001 Salamo Rd, West Linn

9:00a - 10:30a	Game 4 Home Practice (if desired)
10:30a - 11:30a	Game 2 Home Warm Up
11:30a - 1:00p	Bye Team 1 Practice
1:30p - 2:30p	Game 3 Home Warm up
2:30p - 4:00p	Bye Team 2 Practice
4:30p - 5:30p	Game 4 Home Warm up

Oppenlander Field (Visitor Team's Practice Facility) 1275 Rosemont Road, West Linn

9:00a - 10:30a	Game 4 Visitor Practice (if desired)
10:30a - 11:30a	Game 2 Visitor Warm Up
11:30a - 1:00p	Open
1:30p - 2:30p	Game 3 Visitor Warm up
2:30p - 4:00p	Open
4:30p - 5:30p	Game 4 Visitor Warm up



Tournament Participant Information

Officials of the Babe Ruth League program and the host league have made extensive efforts to ensure your stay at the Regional Tournament will be pleasant and rewarding. We expect all participants to fully cooperate with the following Tournament Rules and Regulations.

All team members must be present for check-in at the time designated by the tournament host. Where the sponsoring host has arranged an Opening Ceremony as part of the tournament schedule, all team members are required to attend in full uniform. Where the sponsoring host has arranged a banquet or picnic as part of the tournament schedule, all team members are required to attend. All players, managers, and coaches must attend all games scheduled for their team.

Only the Regional Commissioner or the Tournament Commissioner may grant an exemption to the above where extenuating circumstance is found to exist. Such extenuating circumstances may consist of verified illness or injury, unavoidable travel problems, or other circumstances completely beyond the control of the absent team member(s). Any decision regarding an exemption will be the responsibility of the Regional Commissioner or the Tournament Commissioner and such decision shall be final and not subject to appeal. Dual participation by a player, manager, or coach in another sporting event does **NOT** qualify as an extenuating circumstance and will not be sufficient grounds for granting said exemption. **The penalty for violation of the above requirements may be disqualification of the absent player, manager, or coach for the remainder of the tournament, but shall not affect the eligibility of such player, manager, or coach, if otherwise eligible, for subsequent levels of play should their team qualify.**

A mandatory manager's meeting will be held prior to the beginning of tournament play. All teams must be represented at this meeting. With pre-approval from the Tournament Commissioner, should an extenuating circumstance beyond the control of the manager prevent his attendance, a team coach may act as a representative.

Each player on a team shall wear a different number on his/her uniform. The official Babe Ruth shoulder or cap emblem must be worn either on the left shoulder sleeve or on the official Babe Ruth cap. For sleeveless jerseys, the emblem must be worn on the front left chest. All managers and coaches must wear a baseball type uniform of the same design and color as the players' uniform (i.e. NO SHORTS, NO JEANS, NO SANDALS).

Game officials shall deal with **ON-FIELD** conduct. Any player, manager, or coach disqualified from a game shall automatically be suspended from further tournament participation, pending a review of their actions by the Tournament Commissioner. All such suspensions become effective immediately at the time of disqualification.

Special Instructions to Participants

CONDUCT – Your conduct must be above reproach on and off the field; any misbehavior or misconduct could not only cause your *disqualification* from the tournament, but could also result in the disqualification of your team as well.

All players shall conduct themselves in a reasonable and acceptable manner in accordance with team discipline rules as set by their manager or official in charge of the team. Unacceptable behavior shall include: unsportsmanlike conduct, willful damage to property, committing any act considered an offense under law, and not abiding to tournament rules as set out by the host committee.

As State/Provincial Champions, you are expected to dress appropriately. You may dress informally and comfortably, however, neatness and cleanliness of appearance at all times is required.

NO Sunflower Seeds are allowed on the field or in the dugout outs. This policy will be strictly enforced and we will ask any team to clean the field or dugout if they are caught chewing sunflower seeds in or on our facility.

Use of ALCOHOLIC BEVERAGES, SMOKING or CHEWING of TOBACCO, by any team member, tournament official, or umpire is STRICTLY PROHIBITED. This rule applies during tournament play at any of the locations being used for any tournament activity, or at any social function associated with the tournament.

Any VIOLATION of this rule shall be cause for immediate disqualification of the offender(s) from a game(s) or from further tournament competition. The Tournament Commissioner will review all disqualifications and after considering all relevant facts surrounding such actions, he/she may increase such sanction(s) as deemed necessary or appropriate.

No team member, tournament official, or umpire shall possess or use any PROHIBITED DRUG OR SUBSTANCE at any time during the tournament. Any such possession or use of same shall be cause for immediate disqualification of the offender(s) from the tournament.

Damage to any personal or physical property by any participating tournament member shall be cause for immediate disqualification from the tournament. Any financial cost incurred will be the direct responsibility of the team member(s).

For purpose of the rules and regulations of this tournament, the following definitions apply:

- “Team member” is defined to include any rostered player, manager, coach, or bat boy/girl

- “Prohibited drug” includes any drug not specifically prescribed for that person, any drug that cannot be obtained over the counter, or any drug (or other substance) that is utilized in an excessive, detrimental, or abusive manner or dosage.

Ejection – Suspension – Disqualification

In all cases involving a suspension or disqualification, the Tournament Commissioner will review the circumstances involved and, after taking into consideration all relevant facts, may increase such disciplinary action as is deemed necessary or appropriate. The decision of the Tournament Commissioner will be final and there will be no appeal from such decision.

If further disciplinary action is deemed necessary, the manager of the team so disciplined will be provided with written confirmation of the penalty and the reasons thereof. The Tournament Commissioner will retain a copy of the disqualification report and any supplementary correspondence and it will be forwarded to the Pacific Northwest Regional Commissioner for further review and possible additional penalties.

The penalty provisions are quite clear. It is strictly a matter of the enforcement of what we accept as the proper code of conduct keeping in mind the spirit and purpose of what we are involved in and what our objectives are.

Notwithstanding any provision contained in any tournament rule, regulation, provision, agreement, or memorandum to the contrary, the Tournament Commissioner shall maintain and have final authority for all aspects of this tournament and may impose the removal, suspension, or disqualification of any team member or team from the tournament, and/or take whatever other actions or issue such directives as deemed necessary or appropriate for the administration of the tournament.

Disregard by any team member of the foregoing rules and regulations or any subsequent rule, regulation, or guideline hereafter enacted, shall be sufficient grounds for that team member to be withdrawn from the tournament. Any player so withdrawn shall be placed under the supervision and control of his/her team manager.

Team Travel Considerations

Getting to West Linn, Or:

Portland International Airport (PDX) has direct, and sometimes non-stop flights from Alberta.

Connecting flights from Montana and Wyoming, and non-stops from Idaho are available.

Address for West Linn High School:

5464 W A St.
West Linn, Or

Clackamas/Washington County Medical Centers/Hospitals

Providence Willamette Falls Medical Hospital
1500 Division St, Oregon City, Or 97045
(800) 656-1631

Legacy Meridian Park Hospital
19300 SW 65th Ave, Tualatin, Or 97062
(503) 692-1212

Providence St. Vincent's Medical Center
9205 SW Barnes, Portland, Or 97225
(503) 216-1234

Kaiser Permanente Sunnyside Medical Center
10180 SE Sunnyside Rd, Clackamas, Or 97015
(503) 652-2880

Kaiser Permanente Tualatin Medical Office
19185 SW 90th Ave, Tualatin, Or 97062(800)
(800) 813-2000

Local and Nearby Accommodations/Lodging

Oregon City, Or

Best Western Plus Rivershore Hotel
1900 Clackamette Dr, Oregon City, OR 97045•(503) 655-7141

Clackamas, Or

Monarch Hotel & Conference Center
12566 SE 93rd Ave, Clackamas, OR 97015•(503) 652-1515

Courtyard by Marriott Portland Southeast/Clackamas
9300 SE Sunnybrook Blvd, Clackamas, OR 97015•(503) 652-2900

Hampton Inn Portland/Clackamas
9040 SE Adams, Clackamas, OR 97015•(503) 655-7900

Holiday Inn Express Portland SE - Clackamas Area
75 82nd Dr, Gladstone, OR 97027•(503) 722-7777

Clackamette RV Park
1955 Clackamette Dr, Oregon City, OR 97045-(503) 496-1201

Tualatin, Or

The Grand Hotel at Bridgeport
7265 SW Hazel Fern Rd, Tigard, OR 97224•(503) 968-5757

Century Hotel
8185 SW Tualatin-Sherwood Rd, Tualatin, OR 97062•(503) 692-3600

Wilsonville, Or

Holiday Inn Portland- I-5 S (Wilsonville)
25425 SW 95th Ave, Wilsonville, OR 97070•(503) 682-2211

Best Western Wilsonville Inn & Suites
29769 SW Boones Ferry Rd, Wilsonville, OR 97070•(503) 570-9700

***All of the hotels listed above are within a 20 minute drive to the West Linn High School field during normal traffic hours. At high traffic times, you can expect a 30-35 minute drive.

West Linn and South Portland Metro Area Entertainment & Recreation

- Entertainment
 - Bridgeport Regal Cinemas – [7329 SW Bridgeport Road, Tigard, OR 97224](#)
 - Oregon City Hilltop Regal Cinemas - [325 Beaver Creek Rd, Oregon City, OR 97045](#)
 - Willamette River Activities - Canoe/Kayak/SUP Rentals - eNRGY Rentals- 1701 Clackamette Dr, Oregon City, OR 97045 (503) 772-1122
 - Willamette Jet Boat Excursions - 1945 SE Water Ave, Portland, OR 97214 (503) 231-1532
 - Golf - Oregon City Golf Course, Stone Creek Golf Club, Sandalieu Golf.
 - Mt Hood area and the outdoor parks, hiking, mountain biking.

- Events
 - West Linn Music in the Park - July 26th, Tanner Creek Park 6:30-8:30p

Big Al's Family Entertainment Center

14950 SW Barrows Rd, Beaverton, OR 97007

Arcades, Bowling, Food and Sports Bar with massive screen for sports entertainment

West Linn Farmers Market

Main Street of the Historic Town of Willamette in West Linn off Willamette Falls Drive

You'll discover fresh and local produce, flowers, plants, baked goods, delicious food, pet treats, and accessories for yourself, home, or garden.

Food

West Linn, Or

San Bias Mexican Restaurant
21450 Salamo Rd
West Linn, OR 97068
(503) 742-2000

Linn City Pub
19389 Willamette Dr.
West Linn, OR
(503) 675-8833

Thai Lemon
1980 Willamette Falls Drive, Suite #100
West Linn, OR 97068
(503) 656-0161

RENEW Juice Co.
875 Willamette Falls Dr.
West Linn, OR 97068
(503) 305-7724

Roundtable Pizza
19121 Willamette Dr.
West Linn, OR 97068
(503) 635-6654

Lil' Cooperstown Bar & Grill
11817 Wilamette Falls Drive
West Linn, R 97068
(503) 655-1995

Subway (River Falls Shopping Center)
1895 Blakenship Rd.
West Linn, OR 97068
(503) 723-3866

McDonald's
2100 8th Ct.
West Linn, OR 97068
(503) 557-3589

Burgerville
18350 Willamette Dr.
West Linn, OR97068
(503) 635-7339

Concessions

The Concessions stand will be open each day at the ball park. We will serve a traditional baseball field menu with hot dogs, popcorn, candy, and drinks. We will have a BBQ on site for burgers as well.

NO Sunflower Seeds are allowed at the park. If you are so inclined to chew sunflower seeds, you **MUST** spit them into your own bottle/can/cup and dispose of them into a garbage can. We have a zero-tolerance on this policy and we will remind any fans of this policy.

Concussion Information

Risk of concussion and resulting injury from concussion is a serious matter. As a result, North Oregon Babe Ruth has incorporated basic concussion information into this tournament packet. (See "North Oregon Babe Ruth Concussion Policy and Procedures", set forth below.)

In addition, more definitive "concussion information" packets will be made available on-site by the Tournament Director (or designated Tournament Staff) for review and return during the tournament. This information will be made available to all interested persons (including, but not necessarily limited to players, player families, coaches and managers)

If an incident occurs where a concussion or suspected concussion occurs, the player must be preliminarily examined before game play involving such player resumes. If, as a result of such preliminary examination, the player is suspected of having a concussion, that player will not be allowed to continue to participate in the tournament without a more thorough examination by appropriately trained medical personnel *and* the player has obtained an appropriate written medical authorization allowing the player to further participate in this tournament.

North Oregon Babe Ruth Concussion Policy and Procedures

The North Oregon Babe Ruth Concussion Policy and Procedures are derived from and, to the extent listed in the following pages, essentially follow the Concussion Policy and Procedures established by The Center for Disease Control (hereafter, CDC) and the National Federation of State High School Associations (hereinafter, NFHS). Our policy and procedures includes all of the following information, to-wit:

Concussion Awareness Information

Concussion injuries can sometimes be or become serious or permanent or life-threatening injuries. The sooner that a concussion (or a potential concussion) is recognized, the better the chance of minimizing the concussion injury. As such, several States, including Oregon, have mandated various forms of Concussion Awareness Training to be either taught and/or have persons made aware the risks, signs of and the types of injury or damage to the recipient that a concussion can and might cause.

In an effort to comply with the Oregon mandates regarding concussions and concussion awareness training, and because we believe that the subject is important in its own right, as part of this tournament packet we have included and incorporated herein a number of concussion-related information documents and references as part of the North Oregon Babe Ruth Concussion Policy and Procedures.

In addition, both at the Opening Day Ceremonies and/or at the mandatory Managers' Meeting of any tournament trail tournament, we will generally be discussing concus-

sions, steps to take if a concussion has been sustained or suspected. We will also be discussing some of the related Center for Disease Control (CDC) and the National Federation of State High School Associations (NFHS) documents related to concussions and concussion-related procedures. And, during the tournament, we will also have available selected concussion-related documents for review by any interested parties.

To help you get started and for your convenience and consideration we include the CDC's easy to remember concussion awareness first step called Know your Concussion ABC's: (See <http://www.cdc.gov/Concussion> .)

Assess the situation

Be alert for signs and symptoms

Contact a health care professional

We subscribe to this ABC information and advocate its use as a first step in any situation where the potential of a concussion having occurred might be present. We urge you to go to this CDC website and further explore its many other concussion-related resources.

As part of this North Oregon Babe Ruth Concussion Policy and Procedures document, we have also included three of the NFHS primer documents in this area as well as links to both the CDC and NFHS websites for your use, further reference and information. These three NFHS documents (i.e., NFHS Suggested Guidelines for Concussion in Sports (2013), A Parent's Guide to Concussion (2013) and Suggested Guidelines for Management of Concussions in Sports (2009)) are a representative sampling of the NFHS concussion resources available on the NFHS web site (i.e., <http://www.nfhs.org/>).

As such, we urge you to go to the NFHS website and further explore its many other concussion-related resources. To do so, go to:
<http://www.nfhs.org/search.aspx?searchtext=concussion> .

The above-referenced NFHS **A Parent's Guide to Concussion (2013)** was specifically written for parents, friends of players, teachers and coaches and discusses many areas of concussion, concussion symptoms, and what to look for and steps to take if a person has sustained a blow to the head and a concussion has either been diagnosed or not ruled out by a medically-trained professional. *This document also contains information for parents related to their later active monitoring of their child after he has returned home from the ball field and/or the doctor's office.* This document is very easy to read and understand and provides valuable guidance.

In addition, we strongly urge all interested parties (including parents, students, officials and coaches) to also enroll and take the **FREE** online Concussion in Sports, v2.0 Concussion Awareness Training Course.

This **FREE** course provides information and resources "to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. Mick Koester M.D., ATC, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eu-

gene, Oregon takes you through this course. In this course you will understand the impact sports-related concussion can have on your players, how to recognize a suspected concussion, the proper protocols to manage a suspected concussion, and steps to help your player return to play safely after experiencing a concussion."

What to Do If a Concussion Injury is Suspected

If a player is observed or suspected of having suffered any blow to the head it will be the policy of North Oregon Babe Ruth to immediately "Assess the situation" (to include reviewing the violence, severity and impact of the "blow to the head" contact and also having the player be immediately preliminarily examined by his coach and any relevant officials at that game). **Based upon that initial review and examination, one of three progressive levels of response will be dictated, to-wit:**

1. If the collision was minor and incidental and after examination of the player, a concussion is not suspected to have to have occurred, and it appears that the blow to the head was relatively minor and that the ballplayer preliminarily appears to not have suffered a concussion and is not manifesting any signs, symptoms or behaviors consistent with a concussion, then, with active and on-going close surveillance of the ballplayer, the ballplayer will be allowed to continue to play in the game or practice until and unless the ballplayer begins to manifest "any signs, symptoms or behaviors consistent with a concussion". In other words, "**Be Alert for signs and symptoms**".

If any such signs, symptoms or behaviors consistent with a concussion does occur, the player will be immediately removed from the game or practice and, before being allowed to resume such activities, the player will be required to A.) be examined by a trained Health Care Professional experienced in the field of concussions and concussion-related injuries, and B) obtain a release from a trained health care professional releasing the ballplayer to again participate in such sport activity. In other words, "**Contact a health care professional**".

2. Regardless of whether or not the collision was minor, if a concussion is suspected, the player will be immediately removed from the game or practice and, before being allowed to resume such activities, the player will be required to A.) be examined by a trained Health Care Professional experienced in the field of concussions and concussion-related injuries, and B) obtain a release from a trained health care professional releasing the ballplayer to again participate in such sport activity. In other words, "**Contact a health care professional**".

3. If the player has lost consciousness, regardless of the duration of the unconsciousness, the player will be immediately removed from the game or practice and, before being allowed to resume such activities, the player will be required to A.) be examined by a trained Health Care Professional experienced in the field of concussions and concussion-related injuries, and B) obtain a release from a trained health care professional releasing the ballplayer to again participate in such sport activity. In other words, "**Contact a health care professional**".

Upon the medical examination required in 2 and 3, above, if a concussion is confirmed as having occurred, before the ballplayer can return to and continue on in any level of baseball activity, he must both obtain a release to do so from a trained health care professional and the player "no longer exhibits signs, symptoms or behaviors consistent with a concussion".

All of the foregoing information is being provided in an effort hopefully and reasonably calculated to expose all coaches and managers, parents and players to the signs, symptoms and behaviors consistent with a concussion and what steps to take if such is observed. Please make certain that all such persons are familiar with these