

A background image of a baseball game, dimmed with a blue tint. In the foreground, a catcher in full gear is crouching. In the background, a batter in a white uniform with the name 'WRIGHT' and number '18' is swinging a bat. The crowd in the stands is visible but out of focus.

WBSC

CONCUSSION FACT SHEET

UMPIRE INSTRUCTION

What is a concussion?

A concussion is an injury to the brain that:

- Is Caused by a blow to the head or body from contact with a player, ball, bat or the ground.
- Changes the normal functioning of your brain.
- Can range from mild to severe.
- Even a “ding,” “getting your bell rung” or what seems to be a mild blow to the head can be serious.
- Present itself differently for each person and each injury.
- Can happen even if you do not lose consciousness.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

Symptoms of concussion include:

- Amnesia (Memory loss of events before or after injury)
- Confusion
- Headache
- Numbness or tingling
- Loss of consciousness
- Balance problems or dizziness
- Double or fuzzy vision.
- Sensitivity to light or noise
- Nausea (feeling that you might vomit)
- Feeling tired, sluggish, sad or nervous
- Concentration or memory problems
- Slowed reaction time
- Trouble sleeping (sleeping more or less than usual)

How can I prevent a concussion?

Basic steps you can take to protect yourself from a concussion:

- Wearing a helmet that covers the entire skull that is in good condition, and fits correctly. (Note” You can still get a concussion if you are wearing a helmet.)
- Setting up behind the plate in the slot, which decreases the likelihood of sustaining a head blow...

What should I do if I think I have a concussion?

Basic steps you can take to protect yourself from a concussion:

- **Don't hide it.** Never ignore a blow to the head, no matter how insignificant you think it may be.
- **Report it.** Do not return to participation in a game, work out or other physical activity with symptoms. The sooner you get checked out, the sooner you may be able to return to umpiring.
- **Get checked out.** Work with a physician that has concussion management training. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and overall performance.
- **Take time to recover.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.