

Volume 1 | Issue  
1  
April 18<sup>th</sup>, 2020

# Delhi Tigers

## The DugOut Dirt



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*Your not out of the  
game when you are  
safe at home!*

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Baseball Ontario ... prepare for the 2020 Baseball Season,

**Register your Players Now.**

### Covid-19 Update

Delhi Minor Baseball has been continuing to monitor the ongoing Novel Coronavirus pandemic. The health & safety of our players, coaches, & their families is remains our top priority. To keep our players & their families safe & to help reduce the spread & impact of COVID-19 within our community, DMBA, in discussions with Baseball Ontario, has made the difficult decision to extend the temporarily suspension of all DMBA activities. This suspension came into effect March 13<sup>th</sup>, 2020 & will remain in effect, pending changes, until **May 31<sup>st</sup>, 2020**.

The following activities remain suspended:

- Ⓢ All team practices & conditioning sessions, regardless of activity or location.
- Ⓢ All development programs including WinterBall, Pitching & Catching Clinics.
- Ⓢ All team tryouts

We understand that many of you will continue to be disappointed by this news, as are we (both as administrators & as the parents of players). Rest assured that these decisions have not been made lightly. Decisions continue to be made only after extensive discussion, research, & review of recommendations from Public Health officials. Based on the scientific evidence available, the importance of physical distancing is abundantly clear. Congregating in groups of any size for DMBA activities has the potential to put our players, coaches, families, & community at risk. As such, we must continue to do our part to protect each other & curb the spread of this illness.

This decision will be reviewed by Baseball Ontario again after May 1<sup>st</sup> & we will provide an update mid-May with any possible changes to the temporary suspension of activities. In the meantime, we will be working hard with our partners, behind the scenes on multiple scenarios, to arrange for our team tryouts & assignment as soon as we are able to resume regular operations.

If at anytime you have any questions please do not hesitate to contact me.

Adrienne Reddecopp, President Delhi Minor Baseball Association  
[president@delhiminorball.com](mailto:president@delhiminorball.com) / 519-718-9095 (c)

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*There are three things you can do in a baseball game. You can win, or you can lose, or it can rain."*

– Casey Stengel

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## What do we Need to do While We Wait?

### We Need to Make the Best of this Time & Be Ready for Opening Day

As you can appreciate a lot of questions remain unanswered, but rather than wait until we have *all* the answers, we have been told by Baseball Ontario to ***prepare for a 2020 baseball season & ... Register your Players Now!***

That said, we realize asking for registration fees may be a lot to ask from families right now, so we have ***waived collection of registration fees*** as part of the online registration ~ we can worry about collecting registration payments once we know what our season will look like.

We will ensure there is support for those players needing it  
~ *as every kid deserves a chance to play!*

To help with preparing for a 2020 season we would like everyone to **Register *before April 30th*** - to register, please visit [delhiminorball.com](http://delhiminorball.com).

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## Q & A ...

**But what if I register & I change my mind?**

Just not a lot of A

**What if the “new” season conflicts with our families tentative summer holiday plans?**

We appreciate there remains a lot of unknowns & we will understand if your interest or situation changes once we know more firm answers. All we want to know right now is who is interested in playing baseball this year if we have a season - so that once we are given the green light we will know **who to contact** to start the organization of teams. You will have the opportunity to opt out at that time, when you get the call.

**What will the Registration Fees be?**

With a yet unknown Opening Day, we honestly don't know what our registration fees will be - if we start at the end of May, there should be little to no change, but realistically we know right now it looks like the season will be delayed.

These delays have created a lot of questions, including these few;

- Ⓡ should we order uniforms for a shortened season?
- Ⓡ how many games will we be able to schedule if it is a shortened season?
- Ⓡ will there be enough diamond time to accommodate all the games within a compressed schedule?
- Ⓡ will there be enough umpires & coaches who can commit to a compressed schedule?
- Ⓡ do we have support for extending the season if necessary?

Each answer has an impact on our operating costs. And honestly, some things may just not happen this year because if it's not in the best interest of our association or puts the safety of our players at risk we will not try & force a season upon our Tiger family.

## REP Baseball Q & A ...

Will there be REP Baseball this year?



As of right now ...

**YES**, there will be a Southern Counties League, all locals have committed to fielding REP teams.

What the regular season schedule will look like, we do not have those answers yet. Baseball Ontario is working towards a mid-July start to fit in the required games before OBAs - again that is worst case scenario, but mid-July could also be considered the best case scenario if we are to try & salvage a season.

Delhi does have some flexibility with fielding REP teams, as we can still play in the regular Southern Counties season & we are not bound to participate in OBA Finals. This will be an important question for each team, should Baseball Ontario propose to extend the season into the fall.

We do have one **BIG** question right now

– how best to expedite tryouts once we are given a firm Opening Day?

*... thus our request for **everyone to register before April 30th!***

We will be hitting the ground running once we are given a green light for a REP season. We won't have a lot of time to chase past players who have not registered by April 30<sup>th</sup>.

Advice to all those interested in trying out for the 11U (Mosquito), 13U (PeeWee), & 15U (Bantam) ~ keep practicing at home, review online game tips & tricks, & study the rules of the game - so you are prepared for tryouts Day One.

**18U (Midget) REP** - We have decided that due to commitment deadlines set by Inter-County Baseball Association (ICBA), we will not be fielding a Delhi 18U (Midget) REP team this year. Dependent on our final 18U numbers we are confident we will have an 18U Midget House League team this year, possible two.

*Let's play ball!*



18U Players who would still like to pursue the opportunity to play 18U REP baseball this season will be given a *Permission to Tryout* for either the Simcoe's 18U Tier 1 team or the Port Dover 18U Tier 2 team – both locals have been apprised of our decision & they have informed us their rosters are not yet finalized. Those wanting a *Permission to Tryout*, so it can be processed & the neighbouring locals will know who to contact once they can re-start tryouts. Please email your request to [president@delhiminorball.ca](mailto:president@delhiminorball.ca).

We were unsuccessful in hosting an 18U Tier 1 team this season, but be assured a new Tier 1 Policy is being developed for Southern Counties for the 2021 season & Delhi is confident that we have developed the necessary pool of talented players to host an 18U Tier 1 team next season.

Fred Mabee, has agreed to sit on the Southern Counties Baseball Association Tier 1 Working Group which is charged with developing a Tier 1 policy before the Fall '20 tryouts for the 2021 season. Further information will be forthcoming & we will be soliciting input.

As a Plan B, if by chance ICBA cannot accommodate the Southern Counties 18U teams because of a compressed schedule, DMBA will petition Southern Counties to field 3 - 18U REP teams - Delhi, Port Dover & Simcoe. There are sufficient 18U players to field 3 18U REP teams if all 18U players are recalled to their home associations.

## Opportunities that have arisen ...

There is one good thing that has come out of this crisis, Baseball Ontario has implemented the ability for umpires & coaches to upgrade their training online at a reduced cost.

## UMPIRES

All certification for umpires has moved online for the remainder of 2020.

Level 1 & 2 Umpires will complete online E-learning modules. Umpires will register for their local association's clinic. Simcoe Minor Baseball takes the lead on umpire training for the east end of Southern Counties.



To register;

🏳️ visit [baseballontario.com/Umpires/](https://www.baseballontario.com/Umpires/), click **View My Profile** ~ follows steps for as a new umpire or returning.

	New Umpires (do not have OBA Umpire Card#)	Existing Umpires (already have OBA Umpire Card #)
<b>Step 1:</b> (New or Existing umpire)	Select <b>New Umpire Registration</b>	Select <b>Existing Umpire Registration</b>
	↓	<b>Validation Step 1.1:</b> Enter your Umpire Card# & submit <b>Validation Step 1.2:</b> Enter your personal information to validate that you are the Umpire on file in the Umpire database (Note: if your personal information does not match, you must contact OBA at <a href="mailto:umpire@baseballontario.com">umpire@baseballontario.com</a> )
<b>Step 2:</b> Create or Update Profile	CREATE your Umpire Profile & Password by entering personal information in online form & submit (Your email address will become your Login ID)	UPDATE your Umpire Profile & Password by entering current personal information in online form & submit. (Your email address will become your Login ID)
	OBA Umpire Card# number will be assigned to your profile (with a status of Before Level 1 – in Training)	↓
<b>Step 3:</b> Choose Clinic	Choose the Umpire Clinic you wish to enrol in and then Submit. (You will now be on <i>Pending</i> list for this Umpire Clinic)	
<b>Step 4:</b> Wait for Acceptance	Wait to be accepted into Umpire Clinic (by Local Hosting Club). When you are accepted, you will be contacted by email notification with further instructions on location and payment.	
<b>Step 5:</b> Attend	Umpire Must Attend (& Pass) Umpire Clinic	
<b>Step 6:</b> Issue Card	Umpire Clinician/Instructor will report attendance and/or test results to OBA. Umpires passing their respective umpire clinic will be emailed 2010 Umpire Card with certification level.	

### AFTER STEP 3:

- 🏳️ register online for the April 5<sup>th</sup> Simcoe Minor Baseball Umpire Clinic.
- 🏳️ you must e-transfer to [simcoegiants@gmail.com](mailto:simcoegiants@gmail.com) the required fee of  
Level I - \$15 – Level II - \$25.
- 🏳️ OBA will then contact you directly to give you the information required to access the online course.

If there is no season, the OBA has committed to credit an umpire's level this season, even if they are unable to umpire.

For example, if you are level 2.1, you will still move up to Level 2.2. Because of this they have said there will be no refunds given in the event there is no season.

## Blue Notes

<https://www.baseballontario.com/Umpires/>

For existing umpires, or just players or individuals looking to have a better understanding of specific rules, visit Baseball Ontario's Umpire page, News & Archive tab to read rule interpretations called **Blue Notes**.



## BASEBALL COACHES

We are always looking for coaches, both for House League & REP teams. If interested in becoming a certified coach or upgrading your knowledge, please contact myself & I can provide some further details.



Online delivery is now available for the National Coaching Certification Program (NCCP). Baseball specific Coaching Modules are required to be taken by Baseball Ontario to coach, or assist to coach, REP Baseball in Ontario. Clinics this year will be taken through *Adobe Connect* - you will be required to use a laptop to participate on this live interactive training.

There are no training requirements to coach in House League, but upgrading your skills as a coach is not only beneficial for the team you lead, but for your own self-development ~ you are never too old to learn new skills.

To coach REP Baseball you are required to take specific courses based on the age division. Existing REP qualified coaches will be sent a reminder in the coming days as to their current NCCP status.

### STEPS FOR REGISTRATION

Year & Division	Requirements - Head Coach	Requirements - Assistant Coach
8U & 9U Rookie	1. Coach Initiation in Sport/Coach Initiation in Baseball (Fundamentals) 2-Pt Online Module 2. Initiation 3. Teaching & Learning 4. Infielding Clinic 5. Hitting Clinic	1. Coach Initiation in Sport/Coach Initiation in Baseball (Fundamentals) 2-Pt Online Module 2. Initiation 3. Teaching & Learning 4. Infielding Clinic 5. Hitting Clinic
10U & 11U Mosquito	<b>8U &amp; 9U Head Coach Requirements <i>plus</i></b> 6. Pitching & Catching Clinic 7. Absolutes Clinic (formerly Skills Analysis)	<b>Same as above ... 8U &amp; 9U Assistant Coach Requirements</b>
12U & 13U PeeWee	<b>10U &amp; 11U Head Coach Requirements <i>plus</i></b> 8. Base Running Clinic 9. Planning Clinic 10. Regional & Provincial Online Portfolio	<b>10U &amp; 11U Assistant Coach Requirements <i>plus</i></b> 6. Pitching & Catching Clinic 7. Absolutes Clinic (formerly Skills Analysis)
14U & 15U Bantam	<b>12U &amp; 13U Head Coach Requirements <i>plus</i></b> 11. Outfielding Clinic 12. Strategies Clinic 13. Practice Evaluation	<b>12U &amp; 13U Assistant Coach Requirements <i>plus</i></b> 8. Base Running Clinic 9. Planning Clinic 10. Regional & Provincial Online Portfolio
16U & 18U Midget	<b>16U &amp; 18U Head Coach Requirements <i>plus</i></b> 14. Game Evaluation	<b>16U &amp; 18U Assistant Coach Requirements <i>plus</i></b> 11. Outfielding Clinic 12. Strategies Clinic

- 🔗 Visit **[nccp.baseball.ca](http://nccp.baseball.ca)** to view the online clinics open for registration.
- 🔗 Please create/login to your profile on the site to register for a clinic.
- 🔗 Link for the specific clinic you have registered for will be sent after you register.

***TIPS for ADOBE CONNECT*** you must login on a computer. A tablet or cell phone will not allow for the use of all the tools that will be implemented as part of the training. The room will be open about 1/2 hour prior to the clinic start time. Please login early to ensure you have the plugin installed & your mic & speakers are working.

## PLAYER TRAINING @HOME

Watch our Facebook & Web page for some “**Baseball Homework**”, drills you can do at home. Always review with one of your parents.

Some drills require additional people, we encourage players only to complete drills which they can do amongst family members. Friends should not be getting together to do these drills.

Three times a week we will be posting these video instructions online so you can prepare yourself for the 2020 season. We would love to see how individual Tigers are practicing - feel free to upload some short videos of practicing - this may motivate some other Tiger players to practice, practice, practice!



### Baseball Ontario launches the Best Ever Clinic Drill of the Week!

Baseball Ontario has reviewed 15 years of clinics to bring you content featuring top collegiate & professional coaches.

The tips, techniques & drills will simplify practices, keep your players engaged & provide coaches the opportunity to develop themselves & their players!

Subscribe to YouTube channel - BASEBALL ONTARIO.



### Be Unstoppable!

Get involved in **Jays Care's Daily Challenges** & have fun while gaining new skills @ home.

Work through as many of the challenges as you can in a day. Each time you complete a challenge, take a photo of the completed challenge & log it in the Challenge Log Book (found at the end of each challenge package). When you've filled a log page, submit it (along with the photos) to Jays Care at [UnstoppableKids@bluejays.com](mailto:UnstoppableKids@bluejays.com). At the end of the week, Jays Care staff will look through all of the submitted challenges, tally points & send prizes to top 50 points earners!

Check back each Monday for five new challenges to help kids & families continue to nurture each child's unstoppable nature while staying fit & having fun.

For more information visit: [www.mlb.com/bluejays/community/jays-care/unstoppable-kids/challenges](http://www.mlb.com/bluejays/community/jays-care/unstoppable-kids/challenges)

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“Remember, despite all the current events, there is no crying in baseball.”

- Actor Tom Hanks, who is recovering from coronavirus in Australia.

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## Norfolk County

### Request for Cooperation

We’ve also been asked, on behalf of Norfolk County, to remind all our Tigers that all County trails, parks & sports fields are **CLOSED** & those caught on these lands during this closure will be fined. Now is not the time to be out practicing with friends, stay at home, practice with your family, in your own yard. A wall works good for fielding practice, if by yourself, but you can also take this time to learn more about the game - understanding the rules of the game you are playing is just as important as the physical playing.



**Save those Empties!** our fundraiser Bottle Drive still planned for better days!



## Baseball Ontario Newsletter

### The Inside Pitch

Baseball Ontario has begun to post on their webpage & circulate via email their new e-newsletter - The Inside Pitch.

We will include a link to all these newsletters on our webpage & encourage you to keep up to date on;

- ① the latest provincial news,
- ① new training opportunities via webinar format for REP Coaches - National Coaching Certification Program (NCCP)
- ① new online training & recertification of umpires, &
- ① home skill challenges, specific to respecting proper physical distancing.

To signup for Baseball Ontario's **The Inside Pitch** Newsletter visit  
<https://lp.constantcontactpages.com/su/UjtP15j>





## 2020 Baseball Ontario Regulation Bat Sizes

Remember the simple test on selecting the appropriate size/weight of a Minor baseball bat - holding end of bat on the grip with 1 hand, have the player extend arm holding bat level, If child cannot maintain the bat completely level, or struggles to, the bat is too big/heavy.

**REP BAT RULES (P2-5)** - the maximum legal diameter for bats shall be 2 3/4". Subject to the following, in addition to wooden bats, metal bats shall be allowed for all **12U (Minor PeeWee) & 13U (PeeWee)** play, metal bats with a length to weight difference of -10 or less are permitted.

For all levels of play **14U (Minor Bantam) & above**, only wood bats, bamboo bats & wood composite bats will be allowed. Wood composite bats include wood bats with fiberglass sheathing & wood barreled bats with composite handles. Wood composite bats do not include any bat that has any metallic component.

## 2020 Baseball Ontario Pitch Count Rules



9U*	11U	13U	15U	18U	21U	REST REQUIRED
1-20	1-25	1-30	1-35	1-40	1-45	None
20-35	26-40	31-45	36-50	41-55	46-60	1 Day
36-50	41-55	46-60	51-65	56-70	61-75	2 Days
N/A	56-65	61-75	66-80	71-85	76-90	3 Days
N/A	66-75	76-85	81-95	86-105	91-115	4 Days
50	75	85	95	105	115	Daily Max

- For the purposes calculating days of rest required, the day after game day is considered Day 1 of the rest period.  
*ie:* 11U pitcher throws 27 pitches Friday, eligible to pitch again Sunday.
- Intentional walks & balks shall count toward the pitcher's pitch count total if a pitch has been thrown.
- Players are permitted to pitch in 2 separate games in the same day as long as they do not exceed the maximum number of pitches that requires no rest for their age category in the first game of the day.  
*ie:* If an 11U pitcher throws fewer than 25 pitches in the first game, the player may pitch in a second game.
- No player is permitted to pitch in more than 2 games per day regardless of the number of pitches thrown.
- No player may exceed the daily maximum for their age category in any two day period. If a player pitches in two games in a day or on two consecutive days, their rest required shall be calculated using the combined total of the number of pitches thrown.  
**Ex1:** 21U player throws 45 pitches on Friday in a tournament (*no rest required*). That pitcher is permitted to pitch again on Saturday to a maximum of 70 pitches.  
**Ex2:** In the same scenario as Ex1, the total number of pitches thrown are added together to determine days rest. If the player threw 45 pitches on Friday & 70 pitches on Saturday, the pitcher must rest for 4 days & is next eligible to pitch on Thursday.
- No player may pitch on three consecutive days unless their total pitch count for the three days does not exceed the number of pitches where no rest is required for that age category. A pitcher may not pitch on 4 consecutive days regardless of pitch count.
- Once removed from the pitching position, a player may not catch for the remainder of the day.





## Baseball Ontario COVID-19

To the Baseball Ontario Community (April 20, 2020)

Baseball Ontario remains committed to the safety of the baseball community. While the COVID-19 situation remains fluid, we are continuing to monitor the situation. Based on the guidelines of the provincial government & public health authorities, the suspension of all in-person baseball programs & activities is being extended until **May 31, 2020**.

Even though there is no play on the field, Baseball Ontario's various committees have been continuing work behind the scenes to facilitate umpire & coaching programs online.

The executive committee is continuing to meet regularly by teleconference on the planning & preparations required for baseball to begin when the opportunity presents itself. As developments occur, Baseball Ontario will update its website & social media platforms, & we will review this timeline at the end of May.

## COACHING TOOLS ON THE GO, NOW IN YOUR POCKET

Baseball Ontario launches two new apps to support Coaches in 2020



Baseball Ontario (OBA) is proud to announce the launch of two highly anticipated apps that will bring coaching baseball in the province to a new level. With **new arm care initiatives** taking effect in 2020, it was necessary to develop tools for coaches to navigate player development & keep Ontario ahead of the game. Both apps are available to both iOS & Android users. The Baseball Ontario Pitch Count app is an innovative tool that allows coaches to effectively manage their pitching staff by tracking each pitch thrown in a game. The Pitch Count application is free to all users, however, only registered coaches will enter & change pitch count data.

With the **Pitch Count App**, users will be able to:

- Track pitches live in-game.
- Enter pitch counts after the game or add appearances from non-OBA games.
- Manage the rest & recovery of pitchers.
- Check the availability of the pitchers on a game-to-game & day-to-day basis.
- View pitch counts of any pitcher in the province from any device.

**Mobile Coach App** - is a revolutionary tool that aims to simplify practice planning for baseball coaches at all levels. With a library full of drills for every player on the field & the ability to add your own drills, creating practice plans has never been so easy & accessible. The app offers a variety of tools & resources to help you plan an effective practice. Through our partnership with Baseball USA, we are now able to provide Ontario coaches with a comprehensive skill & drill set that will enhance the coaching experience & improve the game. The **app is free to all users**, registering with Baseball Ontario provides coaches access to all of the tools, including saving practice plans & accessing them on any device.

Key features of the **Mobile Coach App** include the ability to:

- Create practice plans using drills from the drill library.
- Browse the drill library for skill specific drills & videos.
- Use practice plans created by Baseball Ontario & Baseball USA.
- View & complete skill-specific & culture-based courses.

## Baseball Canada

### Baseball Canada cancels 2020 National Championships



Baseball Canada's Board of Directors along with the Executive Committee have made the difficult decision to cancel all 2020 Baseball Canada National Championships due to the Covid-19 pandemic.

The health & safety of the numerous individuals involved in a national championship events, including athletes, coaches, officials, tournament organizers, volunteers & fans was the main priority in arriving at this difficult decision.

"After extensive discussions & careful consideration among our executive committee & board of directors, we arrived at the decision to cancel all of our 2020 national championships," said Baseball Canada President Jason Dickson. "Although this decision will be disappointing to many across the Canadian baseball community, we felt it was the best decision to make given that the health & welfare of our members is paramount in these uncertain times."

Baseball Canada would like to clearly state that **this decision is not a cancellation of the baseball season in Canada.** Individual provincial members will decide the course of their seasons & associated provincial tournaments on their own timelines.

## CONCUSSION RECOGNITION TOOL

ROWANS LAW - It's All Our Responsibility

### CONCUSSION RECOGNITION TOOL 5®

To help identify concussion in children, adolescents and adults

#### RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

##### STEP 1: RED FLAGS — CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

**Remember:**

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

##### STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma

##### STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

##### STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

**Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:**

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

##### Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/ prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

The CRT5 may be freely copied in its current form for distribution to individuals, teams, groups and organisations. Any revision and any reproduction in a digital form requires approval by the Concussion in Sport Group. It should not be altered in any way, rebranded or sold for commercial gain.

**ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE**

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