



CONCUSSION POLICY AND REPORTING PROTOCOL

The Sherwood Basketball Organization (SBO) is committed to protecting the health of and providing a safe environment for each of its participating athletes. The purpose of this Concussion Policy and Reporting Protocol (“Policy”) is to increase education and awareness on the signs and symptoms of concussion and the specific protocols for reporting concussion. This policy aims to: 1) ensure that players with a suspected concussion are removed-from-play and seek medical assessment; and 2) all players with a suspected and/or diagnosed concussion do not participate in SBO-sanctioned activities before medically cleared to return to play.

This policy applies to coaches of all SBO-sanctioned teams, parents/guardians of SBO participants, and SBO board members.

DEFINITION:

A concussion is a type of traumatic brain injury that may be caused by a bump, blow, or jolt to the head, or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement may result in a disruption of the brain’s normal function, and the player may display a wide range of signs or symptoms, including but not limited to dizziness, a feeling of “fogginess”, loss of balance or coordination, loss of memory, confusion, altered vision, headache, nausea, or emotional disturbance, among others. On rare occasions, loss of consciousness may occur, but this sign does not need to be present for a concussion to have occurred. Signs and symptoms may be immediately apparent or may be subtle and not present for hours or even days. Concussions are very common in all sports involving physical activity, including basketball, and concussions occur commonly in both boys and girls.

The effects of a concussion may be mild or severe, short lived or chronic, and every athlete responds differently to different episodes. A concussion is a potentially serious injury with potentially serious effects. It is critical that every effort is made to recognize and handle these incidents appropriately, and more importantly, to prevent these incidents from happening in the first place.

More information from the Centers for Disease Control (CDC) is available at <https://www.cdc.gov/headsup/index.html>.

AWARENESS AND EDUCATION:

Every SBO coach and board member is responsible for:

- Completing an accredited concussion training and providing proof of completion to SBO prior to the start of the season; and
- Reviewing this policy prior to the start of the season.

RECOGNITION AND RESPONSE:

Any coach, parent, or SBO board member shall have the freedom to express concern for, or suspicion of, a concussion. If any coach, parent, or SBO board member reasonably suspects an athlete has experienced a concussion or significant head trauma, they are encouraged to promptly communicate this concern to another appropriate party, most likely another adult present at the sporting event, and most certainly the parents of the player, if accessible. In such an instance, we recommend that these persons exercise caution and remove the athlete from play immediately and keep the athlete out of play for the remainder of the activity, whether a practice or game.

Parents of any athlete suspected of suffering a concussion should have the athlete evaluated by a health care professional experienced in concussion diagnosis and management. Return-to-play decisions must be managed by this health care professional and the athlete's parents, and not a coach or SBO board member. For the purposes of this policy, a health care professional who may manage a player who has sustained a head injury means:

- a. A licensed physician;
- b. A licensed certified athletic trainer in consultation with a licensed physician;
- c. A licensed nurse practitioner in consultation with a licensed physician; or
- d. A licensed neuropsychologist in coordination with the physician managing the athlete's recovery.

Coaches should not pressure an athlete or parents to return to play. If an athlete is known by the coach to have suffered from a concussion, the coach should not allow such athlete to return to play without direction or approval from the athlete's parent(s) or legal guardian.

REPORTING:

Coaches and/or the athlete's parent/guardian are responsible for informing the SBO President at president@sherwoodbasketball.com immediately after a concussion is suspected. Once a medical clearance has been issued by a health care professional, the parent/guardian of the athlete is responsible for furnishing a copy to the coach and the SBO president prior to return to play.