

Wildcat Basketball Club Concussion Plan

Concussion Education for Student Athletes and Parent(s)/Guardian(s)

At the beginning of the basketball season, student-athletes and parents shall be presented with a discussion about concussions and given a copy of appropriate concussion education materials.

Examples of educational material are available through CDC's "Heads Up: Concussion in High School Sports – A fact sheet for Athletes". These materials are available free of charge from the CDC. To order or download go to the CDC concussion webpage or use the following links:

http://www.cdc.gov/concussion/pdf/athletes_Eng.pdf

http://www.cdc.gov/concussion/pdf/parents_Eng.pdf

All student-athletes and their parents/guardians will sign a statement in which the student-athlete and/or parent accepts the responsibility for reporting their head injuries to the coaching/athletic training staff, parents, or other health care personnel including signs and symptoms of concussion. This statement will also acknowledge having received the above-mentioned educational handouts.

All athletes and parents shall be required to participate in the above education prior to their participation in any practice or game. No athlete may participate in activity (practice or game) unless the athlete and parent/guardian return the information sheet signed by the athlete and parent/guardian.

Concussion Education for Coaches

It is required that each year that the member coaches and Board members of the Wildcat Basketball Club shall review the Concussion Management Plan and a copy of the CDC's "Heads Up: Concussion in Youth Sports – A Guide for Coaches" <http://www.cdc.gov/concussion>.
http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf

Concussion Action Plan

When an athlete shows any signs, symptoms or behaviors consistent with a concussion, the athlete shall be removed immediately from practice or competition and evaluated by a Licensed Athletic Trainer or other health care professional with specific training in the evaluation and management of concussion. An athletic coach, parent/guardian, official involved in the basketball activity, or health care provider shall remove a person from the youth athletic activity if the coach, parent/guardian, official, or health care provider determines that the athlete exhibits signs, symptoms, or behavior consistent with a concussion, or head injury or the coach, parent/guardian, official, or health care provider suspects the person has sustained a concussion or head injury.

Wildcat Basketball Club personnel, including coaches are encouraged to utilize a pocket guide on the field to assist them in recognizing a possible concussion. Coaches will also carry an Emergency Contact Information sheet that includes all players on their team. An example pocket guide is available as part of the CDC toolkit "Heads Up: Concussion in High School Sports" available at <http://www.cdc.gov/concussion>

Where possible, the athlete shall be evaluated on the sideline by the Licensed Athletic Trainer or other appropriate health care professional. An athlete displaying any sign or symptom consistent with a concussion shall be withheld from further competition or practice and shall not return to any Wildcat Basketball activity until he or she is evaluated by a health care and receives a written clearance to participate in the activity from the health care provider.

An Athlete removed from competition for suspected concussion will not return to participation or competition on the day that he or she was removed. The athlete will receive monitoring for deterioration. If any of the following “Red Flag Signs or Symptoms” occur, parent(s)/guardian(s) will be advised to seek immediate treatment.

- Loss of Consciousness
- Seizure like activity
- Slurring of speech
- Paralysis of limb(s)
- Unequal pupils or dilated and non-reactive pupils
- At any point where the severity of the injury exceeds the comfort level of the coaches, parent/guardian or on-site medical personnel

Subsequent management of the student-athlete’s concussion shall be at the discretion of the treating health care professional. The incident, evaluation, continued management, and clearance of the student-athlete with a concussion shall be documented. The Program Director will be required to keep a copy of each individual signed statement from student-athletes and their parents/guardians. This information must be kept by the Program Director for at least one calendar year.