

## **Honeoye Falls Cougar Hoops**

### **Concussion Policy**

Any player suspected of having sustained a concussion/ traumatic brain injury must be removed immediately from participation in basketball (e.g. practice, competitions or tryouts). The player will be prohibited from further participation until evaluated and cleared in writing to resume participation by a qualified health care provider trained in the evaluation and management of concussive head injuries. Such writing must be submitted to the applicable coach and CH Board for review and approval.

Upon removal of a player from participation for a suspected concussion/traumatic brain injury, the coach making the removal must also inform the Cougar Hoops Board of such action.

### **About Concussion**

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

### **Risk of Continued Participation**

A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

**FOOTNOTE:** Cougar Hoops Coaches and parents are encouraged to obtain further training and education on concussions. The CH Board will facilitate such training and education if so requested.

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# Concussion in Sports

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## How Can I Recognize a Possible Concussion?

To help recognize a concussion, you should watch for the following two things among your athletes:

- A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.  
AND
  - Any change in the athlete's behavior, thinking, or physical functioning.
- Athletes who experience **any** of the signs and symptoms listed below after a bump, blow, or jolt to the head or body should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.

### Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (*even briefly*)
- Shows mood, behavior, or personality changes
- Can't recall events *prior* to hit or fall
- Can't recall events *after* hit or fall

### Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. Most people with a concussion will recover quickly and fully. But for some people, signs and symptoms of concussion can last for days, weeks, or longer.