



### ***NCA Sports Training's Concussion Policy***

NCA Sports Training will make information available on our website and on location to parents, guardians, players and referees to aid their understanding of the risks and symptoms of concussions as well as our return to play procedure. In addition, we will require Site Directors to receive training on concussions.

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as the loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional experienced in evaluating and managing concussions.

### **Return-to-Play Policy**

If an athlete is removed from play because they are showing signs or symptoms of a concussion, it is **required that they receive written authorization from a medical professional to return to play**. Parents/Guardian's must provide a doctor's note to the league Site Director once the athlete has been cleared.

### **For Parents & Guardians**

What should you do if you think your child has a concussion?

1. Seek medical attention.
2. Keep your child out of play. A child may NOT return to play until a professional says it's OK. Children who return to play too soon risk a greater chance of having a second concussion.
3. If your child is playing a sport and has a coach, tell your child's coach about any recent concussions.

### **For Athletes**

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

1. Tell your parents (and your coach if you have one). Never ignore a blow to the head, even if you feel fine.
2. Get a medical check-up. A doctor can tell you if you have a concussion and when it is safe for you to return to play.
3. Give yourself time to get better. Your brain needs time to heal.

### **For Refs & Site Directors**

All Concussions are serious. To help recognize a concussion, you should watch for the following two things among athletes:

A forceful blow 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.

The link to concussion training can be found on the 3 on 3 Hoops Hub website.