

HGBA CONCUSSION POLICY

This policy is intended to provide guidelines for coaches, parents and athletes concerning athletes who have been diagnosed with or are suspected of having a concussion. This policy will be provided to coaches and parents of athletes involved in the Hingham Girls Basketball Association (HGBA) program; a copy of this policy is also available on the HGBA website at www.hinghamgirlsbasketball.com.

1. EDUCATION

A. Coaches

All coaches are expected to review this Policy and abide by it.

All coaches, including head and assistant coaches, will be required to complete an online concussion training program on an annual basis and must provide a designated HGBA Board Member with proof or certification that such training was completed. A link to the online training program will be emailed to each coach. The training course must be completed prior to the start of each season.

Coaches also are encouraged to review the following online concussion awareness educational material from the CDC entitled, "*Heads Up: Concussion in Youth Sports, A Fact Sheet for Coaches*" by clicking here: https://www.cdc.gov/headsup/pdfs/youthsports/coaches_engl.pdf.

B. Parents

Parents of HGBA athletes are encouraged to educate themselves on the signs and symptoms of concussions. Parents are encouraged to review this Policy and the following online concussion awareness educational material from the CDC entitled, "*Heads Up: Concussion in Youth Sports, A Fact Sheet for Parents*" by clicking here: https://www.cdc.gov/headsup/pdfs/youthsports/parents_engl.pdf.

2. REMOVAL OF ATHLETE FROM PLAY

If, during a practice or game, an athlete sustains a head injury or is suspected of having a concussion, the coach will immediately remove the athlete from the practice or game and will not allow her to return to play for the remainder of the practice/game. The coach will keep the athlete out even if the athlete and/or her parent insists that she is okay to return to play.

The coach will inform the athlete's parent or guardian of the athlete's symptoms as soon as possible.

If, during a practice or game, an athlete sustains a head injury and suffers a loss of consciousness the coach shall immediately call 911 or instruct another adult to call 911.

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. Specific diagnosis and management decisions must not be made by players, parents, coaches or administrators.

3. PERMISSION TO RETURN TO PLAY

Any athlete who suffers a concussion as diagnosed by a medical professional, or is suspected to have suffered a concussion, while participating in an HGBA activity or any other activity outside of basketball, may not return to an HGBA practice or competition until the athlete provides written authorization for such participation from a licensed health care professional. Written authorization must be provided to the coach, who then must forward the written authorization to a designated HGBA Board Member.

Other Resources:

For more information please visit: <https://www.cdc.gov/headsup/>.

Online Training Courses:

NFHS: <https://nfhslearn.com/courses/61064/concussion-in-sports>.

CDC: <https://www.cdc.gov/headsup/youthsports/training/index.html>.