**Northland Youth Basketball Alliance**

**Concussion Management Policy**

The recognition and treatment of athletes who have suffered a concussion has become a national priority and is also a priority of the Northland Youth Basketball Alliance.

An increasing number of studies have revealed that concussions, not properly treated, can result in permanent physical and cognitive deficits, including learning disabilities. The data also suggests that concussions can lead to the development of dementia and other long-term issues earlier than expected.

Northland Youth Basketball Alliance has developed this Concussion Management Policy consistent with the current recommendations of the U.S. Centers for Disease Control and Prevention.

Recovery from a concussion requires limitation of physical activity, especially sports activity such as practice, drills, games, and physical education classes. In significantly symptomatic athletes, mental activity should also be limited cognitively to allow the brain time to heal.

These activities may include limiting assignments, quizzes and tests, allowing greater time to complete such academic tasks, and encouraging frequent breaks from cognitive stressors. In severe cases, additional accommodations may need to be made through an Individualized Education Plan (IEP) in consultation with medical professionals.

Additionally, with all concussed athletes, such activities as watching TV, texting, and computer use may also slow recovery.

To better manage instances of concussion in our sports program, Northland Youth Basketball Alliance requires the following:

1. All coaches, paid and volunteer, must complete annual training on current concussion management practices and provide proof of that training to the Board of Directors. This training must include up-to-date information on the identification of concussion, the signs and symptoms associated with the injury, the risks involved with allowing athletes to continue to play while symptomatic, methods of concussion assessment, and the importance of gradual return to play.

2. Information about sports-related concussion will be provided to parents about concussion via the Northland Youth Basketball Alliance website.

3. If, during a clinic or training session, an athlete sustains a concussion or exhibits the signs, symptoms or behaviors of the injury, that athlete will be removed from all athletic activity. That athlete may not return to any practice or game activity until evaluated by a licensed health care professional trained in the evaluation and management of concussion. The athlete and his/her parent/guardian must provide written clearance from that provider prior to the athlete being allowed to resume physical activity.

4. Once the athlete receives written medical clearance to return to physical activity, Northland Youth Basketball Alliance will follow the Gradual Return to Play Protocol outlined by the U.S. Center for Disease Control and Prevention.