

Silver Lake Youth Basketball (SLYB) Concussion Policy:

Concussions are a type of Traumatic Brain Injury (TBI) caused by bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. Most concussions do NOT involve loss of consciousness, and children are more susceptible to concussions than adults. Recognition and proper response to concussions when they first occur can help prevent further injury or even death. Concussions can occur in *any* sport, including basketball. Silver Lake Youth Basketball requires that all volunteer coaches become familiar with the signs of concussion and the proper response to head injury during a game or practice.

SLYB requires the following from administrators, coaches and parents:

1. SLYB will distribute a copy of the Center for Disease Control (CDC) coach's fact sheet to all SLYB volunteer coaches. This fact sheet can also be found at <http://www.cdc.gov/concussion/HeadsUp/youth.html> or can be downloaded from the SLYB website.
2. All head and assistant travel and in-town coaches must complete a 30-minute CDC on-line training module. This module can be found at: <http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>. All coaches must attest to having completed the training to the SLYB Vice President (in writing or by email). ***No volunteer will be allowed to coach until they have completed and attested to having completed the training module (Grace period until Dec. 15, 2013)***
3. All coaches will distribute the CDC's Parents/Athletes Information Sheet to one parent of each player. This information sheet can be found at the following link: [http://www.cdc.gov/concussion/headsup/pdf/Parent Athlete Info Sheet-a.pdf](http://www.cdc.gov/concussion/headsup/pdf/Parent_Athlete_Info_Sheet-a.pdf) or can be downloaded from the SLYB website.
4. One coach per team must carry a copy of the "CDC clipboard sheet" to all team activities (practices and games). A copy of the sheet can be from the CDC website: <http://www.cdc.gov/concussion/HeadsUp/youth.html> or downloaded from the SLYB website.
5. As outlined in the above resources, coaches must immediately remove youth athletes from play they think they may have sustained a concussion.
6. Parents of players diagnosed with a concussion during the season, either during SLYB activities or outside activities, must notify the head coach in writing or by email.
7. Players who have sustained a concussion cannot participate in any team activities until documentation is received from a physician clearing the player for reinstatement.
8. Coaches must notify the SLYB Executive Board if any player sustains a concussion during SLYB activities and again when that player is cleared to resume participation.