

TAPP Basketball, Inc.

## CONCUSSION INFORMATION AND PROTOCOL

Tapp Basketball, Inc., adheres to the following Concussion Guidelines and ensures safety is our number one priority for all participants and/or individuals.

### WHAT IS A CONCUSSION?

A concussion is a brain injury that cannot be seen on routine x-rays, CT scans, or MRIs. It affects the way a person may think and remember things, and can cause a variety of symptoms. A concussion is a serious event, but you can recover fully from such an injury if the brain is given enough time to rest and recuperate. Returning to normal activities, including sport participation, is a step-wise process that requires patience, attention, and caution (Source: Think First – Return to Play Guideline, 2012).

### WHAT CAUSES A CONCUSSION?

Any blow to the head, face or neck, or a blow to the body, which causes a sudden jarring of the head may cause a concussion (i.e., a ball to the head, falling and hitting your head on the court).

### WHAT ARE THE SYMPTOMS AND SIGNS OF A CONCUSSION?

Some symptoms include, but are not limited to:

1. THINKING PROBLEMS - general confusion, disorientation
2. ATHLETE'S COMPLAINTS - headache, dizziness, blurred vision
3. OTHER PROBLEMS - vomiting, poor balance, slurred speech

NOTE: A player does not need to be knocked out (i.e., lose consciousness) to have a concussion.

To review all symptoms and required treatments, click here:

<http://www.parachutecanada.org/concussion>

(Courtesy of parachutecanada.org <<http://parachutecanada.org/>>)