



Injury protocol for Basketball Star Academy

This protocol provides guidance for responding to injuries sustained during academy practices and games. It applies to players, parents, coaches, and staff.

1. Concussion Protocol

Immediate Action

- Any player suspected of sustaining a concussion must be **removed immediately** from the practice or game.
- The player may **not return the same day** under any circumstances.

Signs and Symptoms

- Headache, nausea, dizziness
- Confusion, disorientation, memory problems
- Balance or coordination difficulties
- Sensitivity to light or sound
- Sleep disturbances, unusual fatigue
- Emotional or behavioral changes (irritability, mood swings)

Initial Treatment

- Remove the player from all activity, if symptoms occur.
- Monitor symptoms closely until professional medical evaluation.
- Seek medical attention immediately if symptoms worsen (vomiting, severe headache, loss of consciousness).

Medical Clearance

- A doctor or physiotherapist must assess the player, if symptoms occur.
- In case of symptoms, clearance by the doctor is required before returning to practice or competition.



2. Suspected Spinal Injury

Immediate Action

- Stop play immediately and **do not move the athlete**.
- Call emergency services (ambulance) right away.
- Keep the athlete **lying flat and still**.
- **Do not attempt to reposition** the player unless directed by medical professionals.
- If trained, provide manual spinal stabilization until emergency responders arrive.

Medical Clearance

- Only a doctor may determine next steps and provide clearance.
- The athlete may not return to any activity until cleared by a qualified medical professional.

3. Fractures

Immediate Action

- Keep the athlete as still as possible to avoid worsening the fracture.
- Call for medical assistance immediately.
- Do not apply ice, heat, or attempt to realign the injury unless instructed by a medical professional.

Next Steps

- Ensure professional medical assessment and treatment.
- Return to play requires medical clearance.

4. Cuts, Lacerations, and Wounds

- If a cut is deep, continues bleeding, or shows signs of swelling/infection, seek professional medical help.
- Clean and cover with sterile bandage until professional care is available.
- Follow medical advice for wound care and return to activity.



5. Soft Tissue Injuries (Sprains, Strains, Bruises)

- If a fracture is not suspected:
 - **Rest** the injured area.
 - **Ice** intermittently to reduce swelling.
 - **Compression** with bandage if recommended.
 - **Elevation** above heart level.
- Avoid activities that worsen pain and consult with a physiotherapist about what activities the player may be able to take part in.
- Use anti-inflammatory medication only as prescribed by a doctor.
- **Physiotherapy consultation** is strongly advised before starting a recovery plan.

6. Chronic Conditions (e.g., Knee Tendinitis / Jumper's Knee)

- Report pain immediately to coach and physiotherapist.
- Apply ice and rest when symptoms are pronounced.
- Modify or miss training sessions as advised by a specialist/physiotherapist.
- Guidance by a physiotherapist to support long-term management is strongly advised.

7. Responsibility and Decision-Making

Head Coach

- Has overall responsibility for ensuring safety on court.
- Removes players immediately from play if injury is suspected.
- Recommends a referral to medical professionals, if this is deemed necessary.
- Retains final authority on whether a player may return to practice or competition if doubts exist about clearance.



Assistant Coaches and Staff

- Support the head coach in removing players and managing emergency response.
- Help monitor symptoms and maintain a safe environment.

Players

- Must report injuries, pain, or symptoms immediately.
- Must follow medical and physiotherapy guidance.

Parents/Guardians

- Support medical guidance and ensure players receive professional care, when necessary.
- May communicate medical clearance to coaches, when provided by a doctor or physiotherapist. Coach may follow-up with physio/doctor, if follow-up is possible and/or deemed necessary by the Head Coach.

Doctors/Physiotherapists

- Diagnose, treat, and provide clearance for return to play.
- In the case of serious injuries, or if deemed necessary by the Head Coach, a written clearance by the doctor might be requested by the coach, but verbal or parent-reported clearance is acceptable in most cases.
