



## 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.

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### 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.
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## 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.
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## 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.
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## 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.



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## 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.

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## 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.

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## 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.
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