

SoPo Hoops

2023/2024 Season Safety Plan

General Safety Guidelines:

1. First Aid kits will be issued to team's head coach. First Aid kits and extra ice packs will be located in Mahoney gym in sliding closet under basket furthest from parking lot. AED will also be located in this closet, closet marked with First Aid/AED sign.
2. It is the responsibility of each head coach to ensure there is an operable cellular phone present practices in the event of EMS needing to be called.
3. In the event of an emergency at Mahoney Gym- give address of 240 Ocean St, South Portland. Let them know back entrance to the gym will where they need to go. It would ideal to have an adult stand at that door to be present for EMS crews arriving.
4. All coaches will keep updated registration lists on them with all player emergency contact information in the event parents need to be reached due to an emergency at all times. This can include access to TeamSnap with all contact info on it.
5. When practice or games have ended, head coaches are responsible for making sure all players have been picked up. If the head coach will not be there or is leaving early, they should designate another coach this responsibility. If a player is not picked up, the emergency contact list should be used to locate the parents and notify them of need to pick up child. If this is a repeat occurrence discussion with parents and coaches need to be had to find an alternative plan.
6. Valid Background Checks will be obtained on all coaches every year.

Coach Education:

1. All coaches will receive basic first aid and concussion protocol training from safety officer.
2. SoPo Hoops will strive to have as many coaches CPR and AED trained as possible.

Injury Protocols:

1. All injuries that occur during a game or practice requiring EMS services, ER visit/Quick Care visit or hospitalization should be reported the same day to organization safety officer. The safety officer will follow up regarding followed protocol, insurance claim if needed and player's return to play.

Safety Officer Contact information:

Jana Grant

207-299-5709

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2. If a player is advised by physician to pause or discontinue participation in basketball this season, this organization would require a physician note or verbal approval to then resume basketball in this current season.

Concussion protocol:

What is a concussion:

A concussion is a type of traumatic brain injury - or TBI - caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth.

Signs of a Concussion

- Appears dazed or stunned.
- Appears confused about assignment or position.
- Forgets plays.
- Unsure of game, score or opponent.
- Loses consciousness (even briefly).
- Shows behavior or personality changes.
- Can't recall events prior to or after the hit or fall.

Symptoms of a Concussion

- Headache or pressure in the head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light or noise.
- Concentration or memory problems.
- Feeling sluggish, hazy, foggy or groggy.

*Source: Center for Disease Control (CDC Website)

Action Plan:

If a player is demonstrating any of the above signs or symptoms coaches will immediately follow the below steps.

1. Remove the player from play immediately.
2. Have the player immediately assessed by a healthcare professional- this can include EMS, athletic trainer, physician, onsite medical staff.
3. Notify parents/guardians immediately of suspected concussion.
4. Allow return to play only once cleared by medical staff and with consent of parents/guardians.

Return to Play Protocol:

If a player is diagnosed with a concussion at any time during the season (whether related to basketball or not) the coach and safety officer must obtain written recommended return to play protocol by the player's physician. This return to play protocol will be discussed with the coach and the parent and followed without exception.

Covid-19 Protocols:

SoPo Hoops will adhere to CDC guidance for Covid 19 isolation and return to play, outlined below:

CDC Recommendations/Guidance as of October '23

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are **likely most infectious during these first 5 days**.

- Wear a high-quality mask if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask.
- Stay home and separate from others as much as possible.

End isolation based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had no symptoms you may end isolation after day 5.

If you had symptoms and your symptoms are improving:

You may end isolation after day 5 if:

- You are fever-free for 24 hours (without the use of fever-reducing medication).

Your symptoms are not improving

Continue to isolate until:

- You are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are improving.

After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving),

- Wear your mask through day 10.

OR

- If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

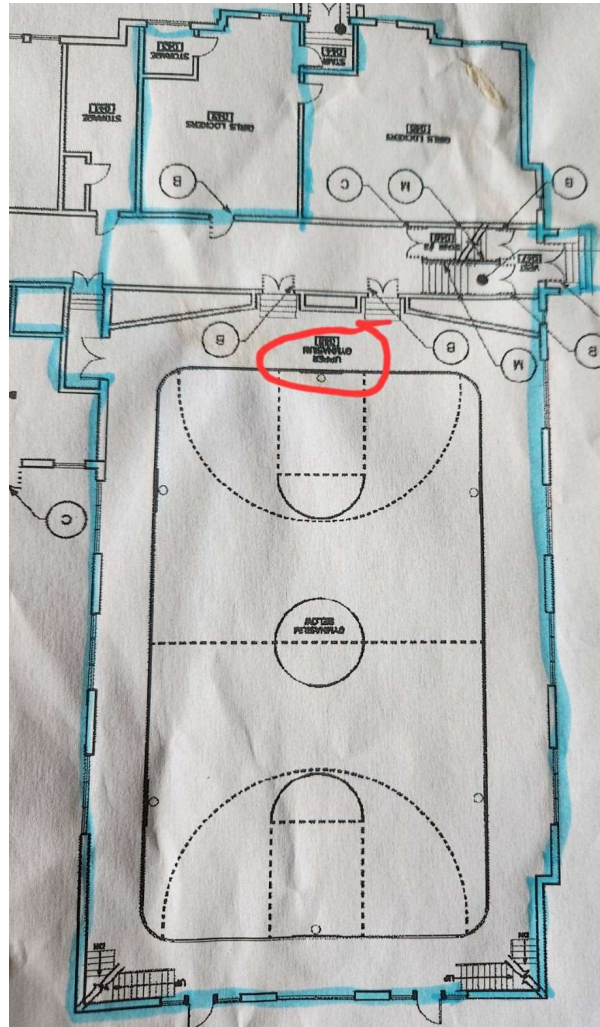
Regardless of when you end isolation:

Until at least day 11:

- Avoid being around people who are more likely to get very sick from COVID-19.
- Remember to wear a high-quality mask when indoors around others at home and in public.
- Do not go places where you are unable to wear a mask until you are able to discontinue masking (see below).

*Source: CDC Website

AED and First Aid Location @ Mahoney



○ = First Aid Closet & AED location