# Concussion Awareness and Safety Policy

*Last Chance Tennis Association*

Last Chance Tennis Association (LCTA) is committed to promoting the health and safety of all participants. Although tennis is generally considered a low-contact sport, head injuries and concussions can occur as a result of falls, collisions, contact with equipment, or being struck by a tennis ball.

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**Recognition of Concussions**

A concussion is a type of traumatic brain injury that may affect a person's ability to think, concentrate, balance, or participate safely in physical activity. Common signs and symptoms may include:

- Headache or pressure in the head
- Dizziness or balance problems
- Confusion or difficulty concentrating
- Nausea or vomiting
- Sensitivity to light or noise
- Blurred vision
- Memory difficulties
- Loss of consciousness

**Removal from Play**

Any participant who sustains a blow to the head or who exhibits signs, symptoms, or behaviors consistent with a concussion should immediately discontinue participation in tennis activities. When the injured participant is a minor, a parent or guardian should be notified as soon as possible.

**Medical Evaluation and Return to Play**

A participant who is suspected of having sustained a concussion should seek evaluation by a licensed healthcare professional. A participant should not return to organized tennis activities, instruction, leagues, tournaments, or other club-sponsored activities until:

- Symptoms have resolved; and
- The participant has been medically cleared by an appropriate healthcare professional when such evaluation has been recommended or obtained.

**Limitations of Responsibility**

LCTA does not provide medical diagnosis or treatment. Participants are responsible for obtaining appropriate medical care and following recommendations provided by qualified healthcare professionals.