

# ACTive™ Instant Replays

## 1st Round Instant Replay: The Basics

- Concussions are brain injuries, including dings and bellringers.
- Players don't have to lose consciousness or be hit on the head to have a concussion.
- Young athletes are affected more seriously.
- No sport is immune.

## Quarterfinal Instant Replay: Skill Development

- When in doubt, keep 'em out.
- Stand tall. Make the call.
  - Get your player to an appropriately trained healthcare provider.
  - Inform his/her parents immediately.
- No play without okay.

## Semifinal Instant Replay: Management

- Different players heal at different rates.
- Use a gradual Return to Activity Plan.
- Baseline assessments help healthcare providers make data-based decisions.

## Final Instant Replay: Prevention

- You can't prevent all concussions, but you can protect your players.
- Have good policies in place.
- Download sample policies in Resources.