



## CONCUSSION POLICY

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**Approved by:** SPBA General Manager

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**Record of policy development:**

Version number	Date of issue	Lead author/ reviewer	Consultative Panel	Significant changes on previous version
2021/1	12/07/2021	Ben White	Board of Management & Office Staff	N/A

# Concussion Policy

Policy Date: 1<sup>st</sup> July 2021

## Purpose of the Policy

Head impacts can be associated with serious injury. This policy is to govern the procedures around a person who has a suspected concussion.

Any participant who has suffered a concussion or suspected concussion must be medically assessed as soon as possible and must NOT be allowed to play in the same match/training session.

Important steps for return to play following concussion include:

- a) A brief period of complete physical and cognitive rest (24-48 hours);
- b) A period of symptom-limited activity to allow full recovery; and
- c) A graded loading program (with monitoring).
- d) Clearance by a medical doctor

## Procedures

In addition to the processes outlined in this document, any concussed player must not return to competitive contact sport (including full contact training sessions) before having moved through the graded recovery process outlined in Schedule 2 and obtained medical clearance.

The earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 12<sup>th</sup> day after the day on which the concussion was suffered.

The presence of concussion is occasionally associated with a neck injury and may be difficult to assess in the early period after head trauma. ***All concussed athletes should be considered to have a neck injury until medically cleared.***

SPBA abides by the following attached policies:

- Concussion in Sport Australia – On Court
- Concussion in Sport Australia – Off Court
- Concussion in Sport – Return to Sport Flow Chart

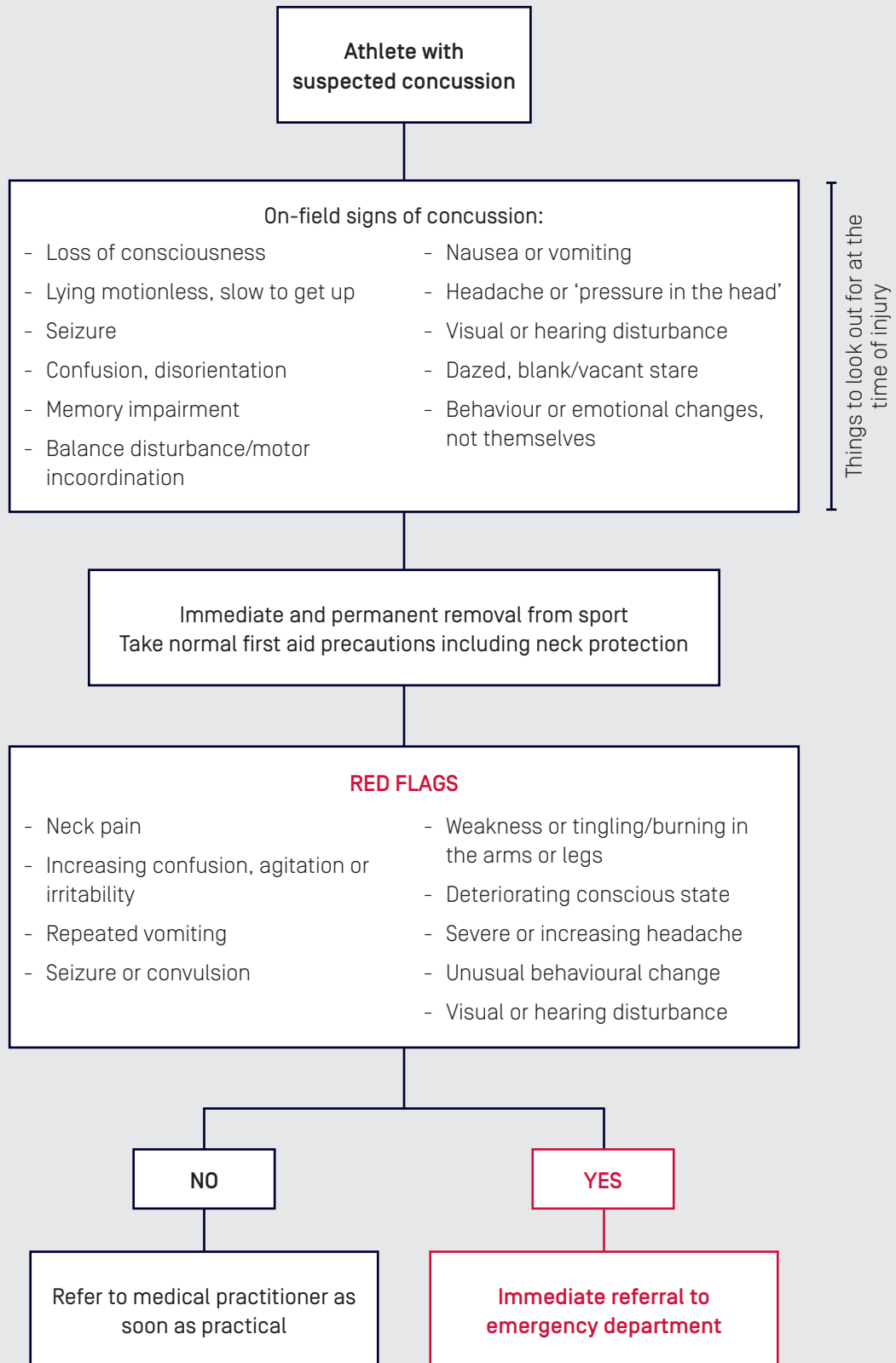
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# Concussion in Sport Australia

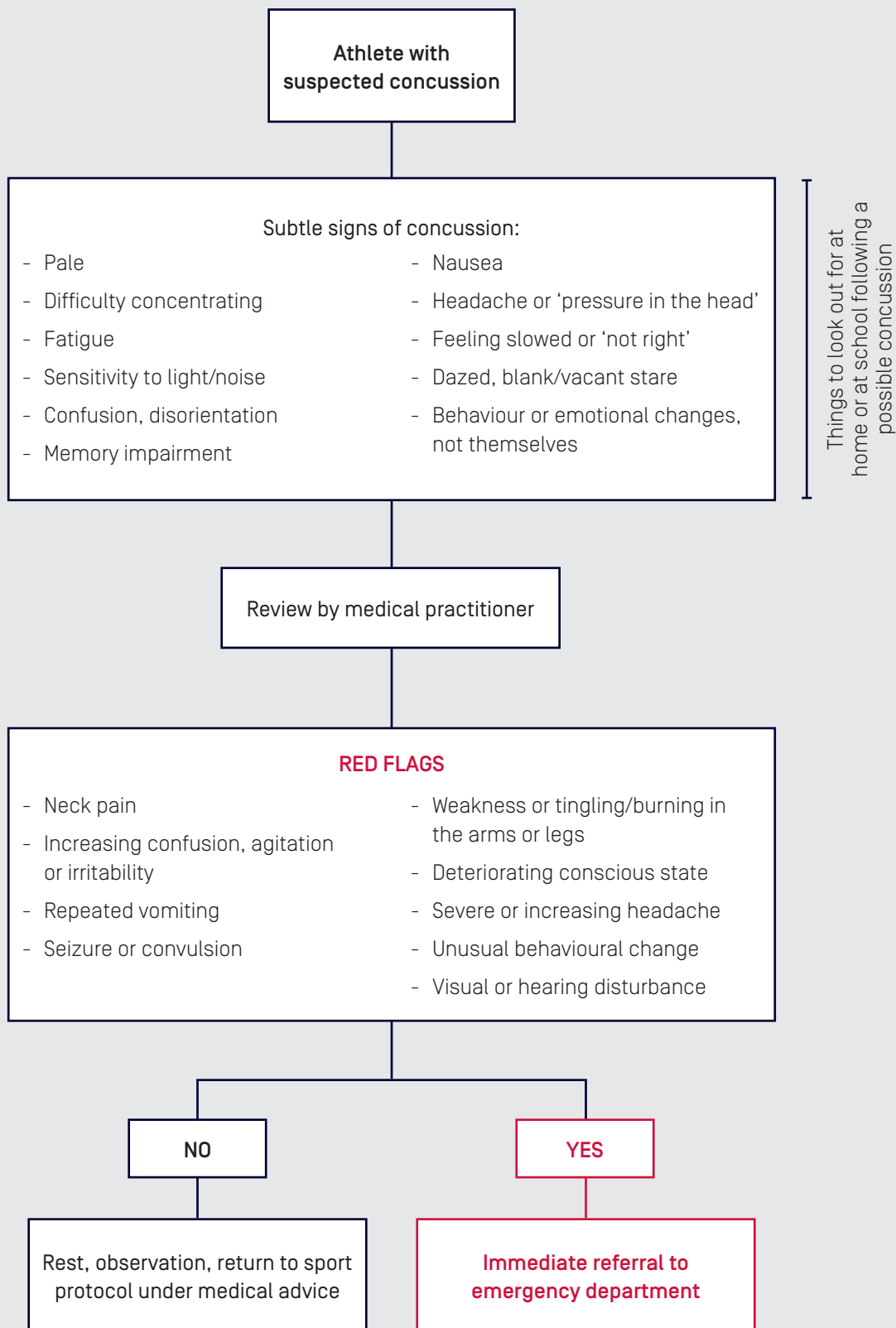
Concussion management flow chart – **on field**  
 (for parents, coaches, teachers, team-mates, support staff)



# Concussion in Sport Australia

## Concussion management flow chart – off field

(for parents, coaches, teachers, team-mates, support staff)



# CONCUSSION IN SPORT



Diagnosis of concussion



No return to sport

Deliberate physical and cognitive rest [24–48 hours]

