

## Concussion Policy

### **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.***

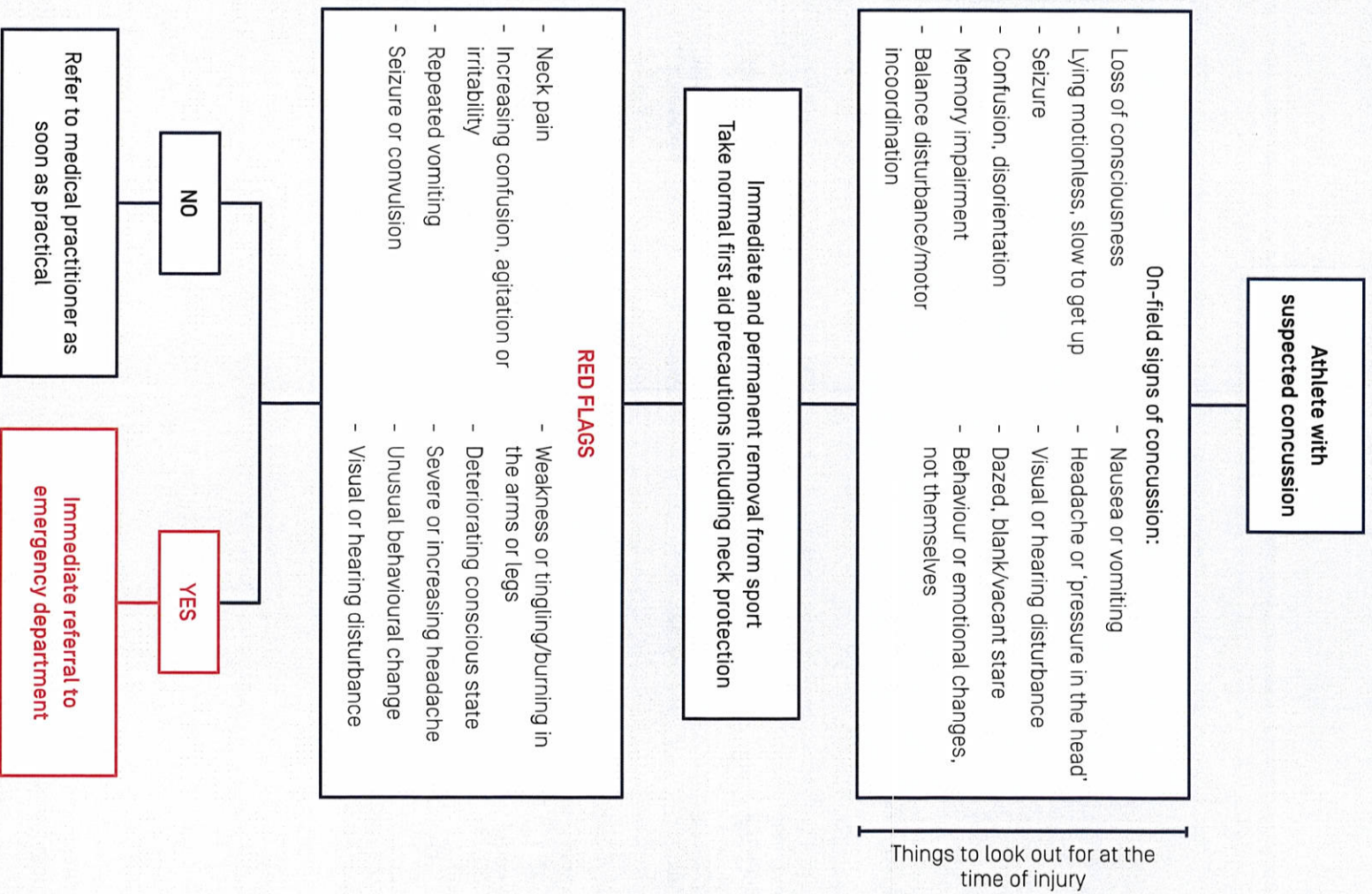
WPBA abides by the following attached policies:

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

## Concussion in Sport Australia

Concussion management flow chart – **on field**

[for parents, coaches, teachers, team-mates, support staff]



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# CONCUSSION IN SPORT

## Diagnosis of concussion



No return to sport



Deliberate physical and cognitive rest [24–48 hours]

School-age children:  
graduated return to  
learning activities

Light aerobic activity  
[until symptom-free]

If there is any significant and sustained  
deterioration in concussion symptoms,  
further rest from specific trigger activity



Basic sport-specific drills which  
are non-contact – no head impact  
[24 hours]

Recurrence of concussion symptoms

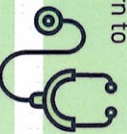
More complex sport-specific drills which  
are non-contact – no head impact – may  
add resistance training [24 hours]



Recurrence of concussion symptoms

Children 18 years or under – No return to contact/collision activities before 14 days from  
complete resolution of all concussion symptoms

Medical review before return to  
full contact training



If not medically cleared, any further activity  
to be determined by medical practitioner

Return to full contact training [24 hours]

Recurrence of concussion symptoms  
**COMPLETE FORMAL MEDICAL REVIEW**



Return to sport

Recurrence of concussion symptoms  
**COMPLETE FORMAL MEDICAL REVIEW**



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