

# Concussion Policy

Accountable: SBA CEO	Last Revision Date: January 2024	Policy: 17.0
Authorised: SBA President	Original Date: 16 August 2021	Version: 1.1

## 1. Purpose:

To provide guidelines for the management of concussion.

To safeguard the immediate and long-term health of players by:

- Removing players suspected of having concussion;
- Treating each case of concussion carefully;
- Adopting a conservative approach to return to sport.

This policy is based on the [Concussion in Sport Australia](#).

## 2. Definition:

Concussion is a brain injury caused by a knock to the head or anywhere on the body, where the force is transmitted to the head. It can also be caused by a fall. A hard knock is not required - concussion can occur from relatively minor knocks.

Concussion involves temporary, neurological impairment. The symptoms may evolve over the hours or days following the injury. It is potentially a serious injury that may have long term consequences and therefore requires a conservative management approach.

If there is any doubt about whether a player is concussed, that player should not be allowed to return to sport until cleared by a medical practitioner.

## 3. Management During a Game:

3.1 Any basketball player who has a concussion diagnosed by a doctor during a game must not have any further participation in that game and cannot train or play until medically cleared by a medical practitioner.

3.2 In situations where a doctor is unlikely to be present, for example in junior and

community sport, if a concussion is suspected, then the player must not have any further participation in the game until cleared by a doctor.

#### **4. Return to Sport:**

- 4.1 A concussed player will require a medical clearance to return to training and competition.
- 4.2 Children and adolescents aged 18 years or younger take longer to recover and should not return to contact or collision activities before 14 days from complete resolution of concussion symptoms. Refer to Appendix A – Return to Sport Protocol for Children 18 years of age and younger.
- 4.3 Adults over 18 years of age should rest for 24-48 hours after sustaining a concussion. Usually a player will have recovered within 7 to 10 days but this can vary from individual to individual and requires a doctor's oversight. Once medically cleared, players should resume a staged return to sport. Refer to Appendix B – Return to Sport Protocol for Adults over 18 years of age.

#### **5. Review:**

This policy is to be reviewed by the SBA Board annually.

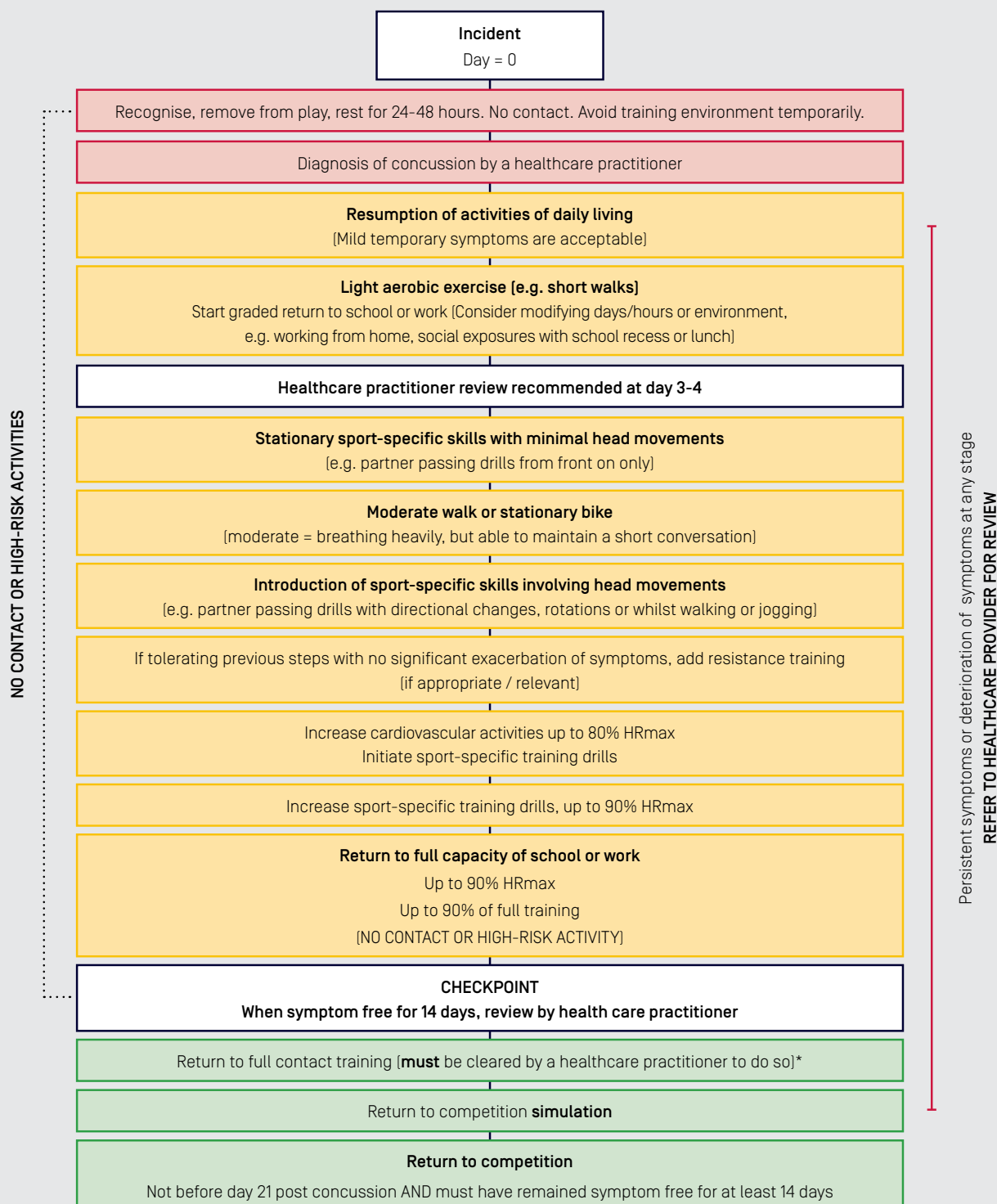
#### **6. References:**

Concussion in Sport Australia: <https://www.concussioninsport.gov.au>

Basketball Australia Concussion Protocols: <https://australia.basketball/about-basketball-australia/policies/>

**Figure 7: Graded return to sport framework for community and youth**

Each stage, highlighted in orange or green below, should be at least 24 hours and symptoms should return to baseline prior to commencing the next activity or stage.



Some high-performance athletes may have access to appropriately trained Healthcare Practitioners experienced in multi system concussion rehabilitation. These athletes may be cleared earlier if their sports concussion protocol allows. Refer to the graded return to sport framework for advanced care settings. Note, athletes aged under 19 years should NOT have access to earlier clearance available in advanced care settings.