



CONCUSSION POLICY

Approval Date	21st March 2024
Version	1
Review Date	21 March 2026

1. Purpose:

- The purpose of this Concussion Policy is to ensure the safety and well-being of players by providing guidelines for the identification, management, and return to play following a concussion. This policy is designed to align with Basketball Victoria's concussion guidelines and best practices.

2. Recognition of Concussion:

- A concussion is a traumatic brain injury that results from a blow to the head, face, neck, or body, causing rapid movement of the brain within the skull. Concussion symptoms may vary but can include headache, dizziness, nausea, confusion, memory problems, sensitivity to light or noise, and loss of consciousness.

3. Responsibilities:

- **Players:** Players have a responsibility to report any symptoms of concussion to their coach, team manager, or medical personnel immediately.
- **Coaches:** Coaches are responsible for recognizing signs and symptoms of concussion, removing any player suspected of having a concussion from play, and ensuring appropriate medical evaluation and care.
- **Parents/Guardians:** Parents or guardians are responsible for informing the club of any history of concussion or pre-existing medical conditions that may increase the risk of concussion for their child.
- **Club Officials:** Club officials are responsible for ensuring that all coaches, players, and parents are aware of the club's concussion policy and guidelines.

4. Concussion Assessment:

- Any player suspected of having a concussion must be removed from play immediately and evaluated by a qualified medical professional.
- Coaches, team managers, or medical personnel should conduct a sideline assessment using the Sport Concussion Assessment Tool (SCAT) or a similar concussion assessment tool to evaluate the player's symptoms and cognitive function.

- If a concussion is suspected, the player should not be allowed to return to play and should be referred for further medical evaluation.

5. Return to Play Protocol:

- Players diagnosed with a concussion must follow a stepwise return to play protocol under the guidance of a qualified medical professional.
- The return to play protocol consists of several stages, including rest, gradual return to light aerobic exercise, sport-specific training, non-contact drills, full-contact practice, and ultimately, return to full game play.
- Players must be symptom-free and receive medical clearance before progressing to each stage of the return to play protocol.
- The return to play protocol should be individualised based on the severity of the concussion and the player's symptoms and recovery progress.

6. Education and Awareness:

- The club will provide education and awareness programs for coaches, players, parents, and officials on the recognition, management, and prevention of concussions.
- Informational materials, including fact sheets, posters, and online resources, will be made available to educate club members about concussion safety.

7. Equipment and Facilities:

- The club will ensure that all equipment and facilities meet safety standards to minimise the risk of head injuries and concussions.
- Players should wear properly fitted mouthguards and protective headgear as appropriate, especially during games and contact drills.

8. Documentation and Reporting:

- All incidents of suspected or diagnosed concussions must be documented and reported to the club's designated concussion officer or committee.
- Documentation should include details of the injury, symptoms, assessment results, medical evaluation, and follow-up care.

9. Review and Revision:

- This Concussion Policy will be reviewed regularly to ensure its effectiveness and compliance with Basketball Victoria's guidelines and best practices. Any necessary revisions will be made in consultation with club stakeholders.

By adhering to this Concussion Policy, our basketball club is committed to promoting player safety and well-being by prioritising the recognition, management, and prevention of concussions. We strive to create a culture of safety and responsibility where all members are informed, empowered, and supported in their efforts to minimise the risk of concussion-related injuries.