



Concussion Policy Guidelines

Horsham Amateur Basketball Association Concussion Policy encompasses the Basketball Australia Concussion Management Guidelines and Concussion in Sport Australian Position statement guidelines.

Concussion in Sport Australia Position Statement

An initiative of the Australian Institute of Sport, Australian Medication Association, Australasian College of Sport and Exercise Physicians and Sports Medicine Australia in conjunction with all major sporting partners.

There has been a growing concern regarding sporting related concussions and potential health ramifications for athletes. Concussion affects athletes at all levels of sport. If managed appropriately most symptoms and signs of concussion resolve spontaneously. Complications can occur, however including prolonged duration of symptoms and increased susceptibility to further injury. There is also the concern about long term consequences of multiple concussions.

Horsham Amateur Basketball Association Position Statement

In most instances, concussion will take place where a medical practitioner is not immediately available to make an assessment of an athlete who sustains a head injury. These guidelines have been developed to outline the issues for athletes, coaches, team managers and others responding to athletes who have suffered a head injury. The purpose of these guidelines are to protect the welfare of athletes and are not intended to replace medical assessment and treatment.

1. What is Concussion

Concussion is a traumatic brain injury, caused by a hit or knock to the head, face or neck with force. It causes short-lived neurological impairment and the symptoms may evolve over the hours or days following the injury. The symptoms should resolve without medical intervention. Rest followed by gradual return to activity is the main treatment.

2. Recognising Concussion

Recognising concussion can be difficult and the symptoms and signs are variable, non-specific and may be subtle. Onlookers should suspect concussion when an injury results in a knock to the head. A hard knock is not always required, and concussion can occur from minor knocks as well.

3. Signs of Concussions

There may be obvious signs of concussion such as loss of consciousness, brief convulsions or difficulty balancing or walking. There are many more signs which can be subtle. The following identifies possible symptoms;

Headache, dizziness, irritability, feeling strange, confusion, feeling of slowing down, pressure on the head, blurred vision, sadness, difficulty concentrating, drowsiness, feeling like fog, neck pain, balance issues, nervousness, anxiousness, difficulty remembering, sensitive to light, sensitive to noise, nausea, vomiting, emotional, fatigue, low in energy, trouble falling asleep.

Concussion should be suspected if any of these symptoms are present.

4. Removal from Play

The signs and symptoms of concussion tend to resolve themselves over time with rest and management. However it is a brain injury so athletes/parents are advised to seek medical treatment and advice.

All Team Managers are to download the free HeadCheck app which is a concussion check tool. The prompts are to be followed when an athlete receives a knock to the head. HeadCheck will provide guidance as to whether an athlete has a suspected concussion and what steps need to be taken.

Athletes who have received a knock to the head during play should:

1. Be removed from play immediately for a minimum of 10 minutes before the HeadCheck Assessment is undertaken;
2. Be treated in accordance with the normal first aid principles (danger, response, airway, breathing, circulation);
3. Not be moved by others (except where required by medical practitioner)
4. Not be returned to play until they are medically assessed, even if symptoms resolve;
5. Not be left alone; and
6. Not drive.

If a Team Manager or coach has completed the HeadCheck process and the HeadCheck advises that medical assessment is required, the athlete must be assessed by a doctor.

5. Serious Injury and Calling an Ambulance

If any of the following signs or symptoms are present and a concussion is suspected, it is urgent that the athlete be medically assessed and an ambulance is called:

1. Complaints of neck pain
2. Deteriorating conscious state
3. Increasing confusion or irritability
4. Severe or increasing headache
5. Repeated vomiting
6. Unusual behaviour
7. Seizure or convulsion
8. Double Vision
9. Weakness/tingling/burning in the arms or legs

6. Return to Play

Any athlete who sustains a concussion or more serious brain injury must provide a medication certificate clearing them to return to play.

This is to be provided to the Basketball Association by emailing the medical clearance to info@horshambasketball.com.au

7. Referee contact

In any instance where a referee's head, neck or face makes contact with the floor, wall, other player which results in a fall, hard structure or similar, the injured person is to be removed from play for a minimum of 10 minutes. Should the person show no symptoms as above, after 10 minutes they may recommence place. Please use HeadCheck to confirm steps to take also.