



Regulation Overview

- South Australian United Church Netball Association (SAUCNA) is committed to member wellbeing and safety.
- The aim of this policy is to provide guiding principles and general advice on the management of concussion in netball to Clubs and Teams at SAUCNA.
- The policy sets out key steps to ensure those involved in netball at SAUCNA are able to reduce the risk of long-term damage due to concussion, by:
 1. Education – how to recognise and manage concussion
 2. Information – about any previous concussions
 3. Designation – the appointment of a person responsible for ensuring concussion policies are implemented within each SAUCNA club.
- The policy is general in nature, and individual treatment will depend on the particular circumstances of each individual case.
- SAUCNA will review this policy regularly and modify the policy according to new information/advice.

Education

What is concussion?

- Concussion is a brain injury that affects brain function.
- Concussion is caused by direct or indirect force to the head or body. Concussion can occur from even a minor knock.
- Concussion is serious and should be treated accordingly.
- The effect of concussion can vary from person to person. Symptoms may be apparent immediately or may develop over time.
- Usually, the disturbance in brain function is temporary, and most affected people fully recover.

How do we recognise concussion?

- Following an incident capable of causing concussion in a game or practice, suspected cases of concussion should be assessed using an approved recognition tool (see resources section):

“RECOGNISE, REMOVE, REFER”

- **Suspected cases must be immediately assessed.**
 - **A person on the ground must first be assessed as safe to move off the court.**
 - **Games/training should not continue with a potentially affected player on court.**
- Assessment using this tool is **not** a replacement to seeking a comprehensive medical assessment.



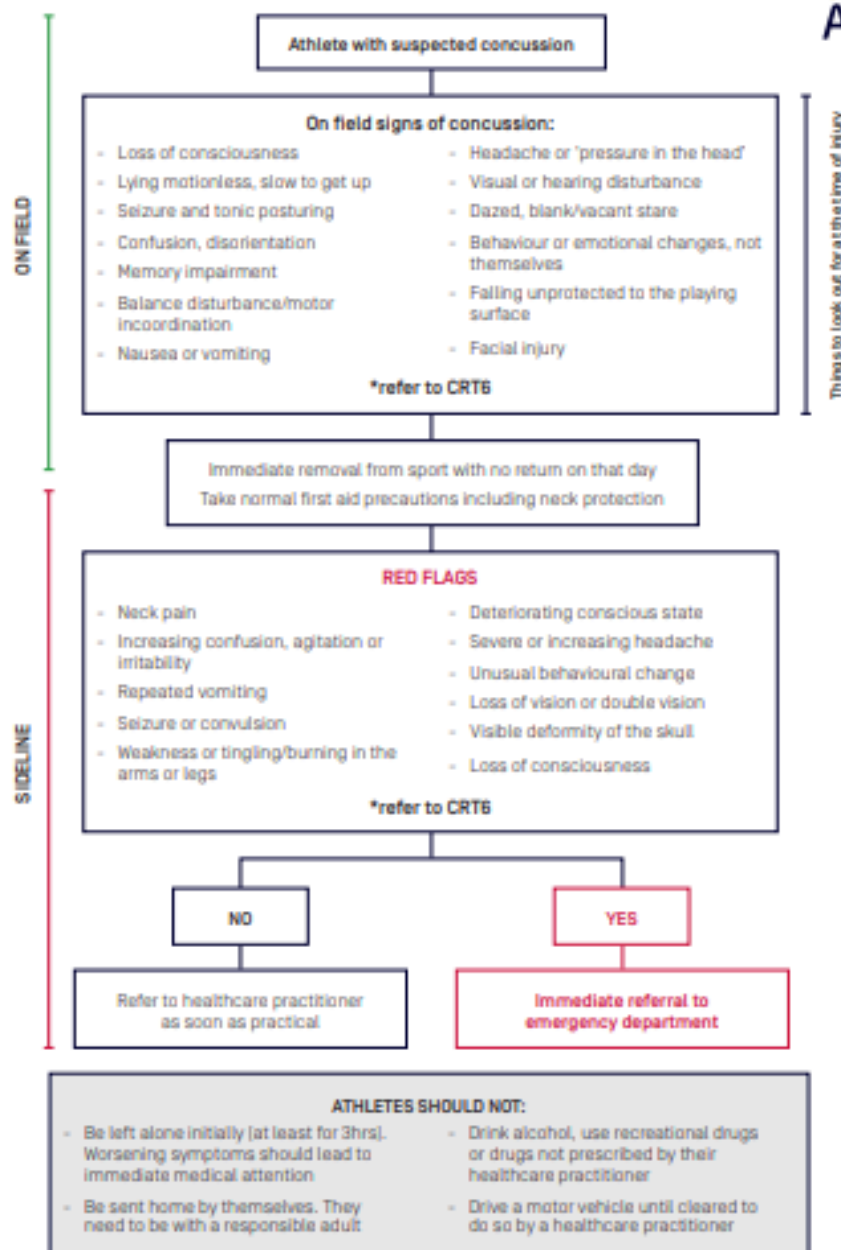
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- Any indication of the presence of “RED FLAG SYMPTOMS” as defined by the assessment tool, must be responded to as requiring immediate medical attention, including calling emergency medical services.
- Absence of symptoms listed on the concussion assessment tool is not a guarantee that concussion has not occurred.

IF IN DOUBT, SIT THEM OUT!

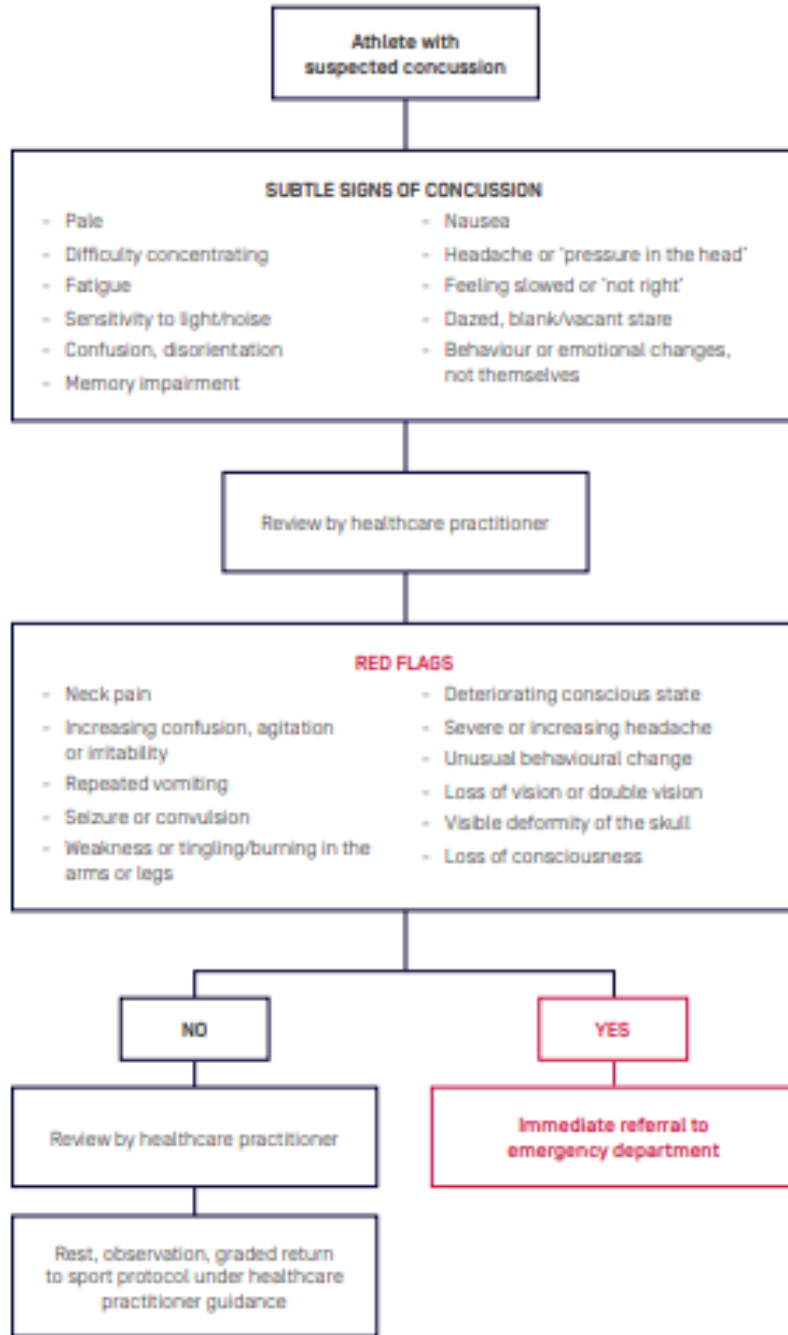
- Continue to monitor the person for developing symptoms.
- **Only a trained medical practitioner** can make a diagnosis of concussion.

NON-HEALTHCARE PRACTITIONER *ON FIELD* CONCUSSION RECOGNITION DECISION TREE





NON-HEALTHCARE PRACTITIONER *OFF FIELD* (DAYS AFTER INCIDENT) CONCUSSION RECOGNITION DECISION TREE





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How do we manage a member following a concussion?

- A concussed person is in a vulnerable state.
 - Stay with them at all times.
 - Don't let them drive a vehicle.
 - Refrain from consuming alcohol, and certain medications put the person at additional risk – medication should be checked with their doctor.
- Rest is necessary for the brain to recover, and this may mean time off school or work. Children may require longer periods of rest to recover – more conservative approaches are taken with children.
- 24-48 hours of relative rest is recommended.
- Reduce or ideally refrain from screen time.
- Return to active sport (where further collisions are possible) should only occur with appropriate medical clearance. Current guidelines for children are 21 days from last symptom:
- <https://sma.org.au/wp-content/uploads/2023/07/SCAT6.pdf>

Information

- Knowledge about previous concussions can help identify members who are in a higher risk category.
- Clubs should encourage members to report any history of concussion.
- Such information, as with all personal information, is to be treated with full confidentiality.

On-court Process

- Assess immediately.
- If safe to move the player, do so as soon as possible. Umpires should hold time to ensure this is completed in a safe manner.
- If unsafe to move the player (or unsure), do not move and wait for trained medical personnel.
 - Umpires should stop the match and call umpire time.
 - If there is a spare court at the venue the match should be moved, and someone should stay with the injured player.
 - If there are no spare courts at the venue the match will be abandoned in accordance with SAUCNA Playing Conditions.

Designation – appointing a Club Concussion Coordinator

- Clubs and Teams should take a proactive role in educating all members on the recognition and management of concussion.
- SAUCNA Association Courts are staffed with trained First Aid Professionals capable of assessing concussion cases and assisting with obtaining emergency medical attention when required. **At the association courts clubs should seek the assistance of the first aid personnel, located in the First Aid Room, to assess suspected concussions.**
- Clubs should appoint a Concussion Coordinator for Suburban court matches, with a specific role of ensuring that concussion protocols are communicated and followed.
- In small clubs this can be the coach, team manager, primary caregiver, or a parent willing to take on the task.



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- They will be authorised to make decisions and be proactive in educating members on the subject of concussion. To do this they should keep their knowledge up to date and advise the club on any recommended changes to protocols.

Clubs should employ the following policy to assist them in establishing their own club based protocols:
<https://www.sasma.com.au/Portals/3/SASMA%20Club%20Concussion%20Policy%20Proforma%202023.pdf?ver=2023-07-07-095112-783>

Resources

The Concussion Recognition Tool 6 (CRT6) - <https://bjsm.bmj.com/content/bjsports/57/11/692.full.pdf>

Headcheck App- <https://www.headcheck.com.au/> or Download the App

AIS/AMA position statement on concussion in sport -
https://www.concussioninsport.gov.au/_data/assets/pdf_file/0006/1090680/concussion-and-brain-health-position-statement-2023.pdf

The 6th International Conference on Concussion in Sport: Consensus Statement -
<https://bjsm.bmj.com/content/57/11/695>

Sports Medicine Australia - <https://sma.org.au/resources-advice/concussion/>

South Australian Sports Medicine Association - <https://www.sasma.com.au/Resources/Concussion.aspx>

Version History			
Version	Release Date	Amendment Summary	Approved
Draft	27.2.22		SAUCNA Board
V1.0	18.3.24		SAUCNA Board