



# CONCUSSION POLICY

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APRIL 2024

# KNOX BASKETBALL CONCUSSION POLICY

Updated: 22 April 2024

Review date: 22 April 2025

## 1. PREAMBLE

- 1.1 This policy sets out the guiding principles and provides general advice regarding the management of concussion in basketball conducted under the auspices of Knox Basketball.
- 1.2 This policy has been produced by Knox Basketball.
- 1.3 This policy is of a general nature only. Individual treatment will depend on the facts and circumstances specific to each individual case. This policy is not intended as a standard of care and should not be interpreted as such.
- 1.4 This policy will be reviewed regularly by Knox Basketball and will be modified according to the development of new knowledge.

## 2. DEFINITION

- 2.1 Concussion is a brain injury and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces.
- 2.2 Concussion refers to a disturbance in brain function caused by a direct or indirect force to the head. The effect concussion can have on a participant can vary from person to person, and injury to injury. Usually the changes are temporary and the majority of participants recover completely if managed correctly. Concussion is a relatively common injury in many sport and recreational activities.
- 2.3 The purpose of this policy is to outline the standards and guidelines regarding the management of concussion in basketball conducted under the auspices of Knox Basketball.

## 3. CONCUSSION RECOGNITION TOOL

- 3.1 The Concussion Recognition Tool was designed to help identify concussion in children, youth and adults, and is a quick reference guide that can be referred to at any time for concussion recognition and management – see link below:

<https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097508CRT5.full.pdf>



## Red flags, signs and symptoms of concussion

A concussion should be suspected for anyone who reports, or has been witnessed, to have received a direct impact to the head or body that has caused the head to move rapidly. We may not always be present to witness an incident that could result in a concussion. Look out for injuries on the head or body that indicate physical trauma, such as bruises or cuts. All potential concussions should be treated seriously.

If a seen or suspected concussion occurs during sport, the individual should be removed from activity, training, or play and medical attention should be sought immediately. The person should not be allowed to return to play or training for the rest of that day.

The person themselves or others may insist that they are feeling ok, but it is important that they are seen by a medical professional as concussion is an invisible injury.

**If in doubt, sit them out.**

People who have suffered a concussion can experience many different types of signs and symptoms. These can be **physical, autonomic or involuntary, behavioural, thinking, or emotional**.

**Signs are things that can be observed**, such as balance problems and vomiting, while **symptoms are things that a person says they are feeling or experiencing**, such as headache, sensitivity to light or noise, difficulty remembering, or feeling sad or fatigued. When observing someone whom you suspect has had a concussion, be aware of red flags that may indicate more severe injury to the brain. **Red flags are signs and symptoms that require immediate medical attention**, and include:

- Severe or increasing headache
- Loss of consciousness or deteriorating conscious state
- Seizure or convulsion
- Repeated vomiting
- Blurred, double or changes in vision
- Neck pain or tenderness
- Weakness or inability to move the body as usual
- Sensations of numbness, tingling or burning in arms or legs
- Increased confusion, agitation, or restlessness
- Continual bleeding or clear fluid from the ear or nose

The signs and symptoms of concussion may appear at the time of the injury, or they may develop and/or get worse in the hours or days that follow. Each concussion is unique. The signs and symptoms of concussion can vary between individuals even if they have had a concussion before. A person does not have to lose consciousness to have a concussion. In fact, more than 90% of concussions do not involve a loss of consciousness.

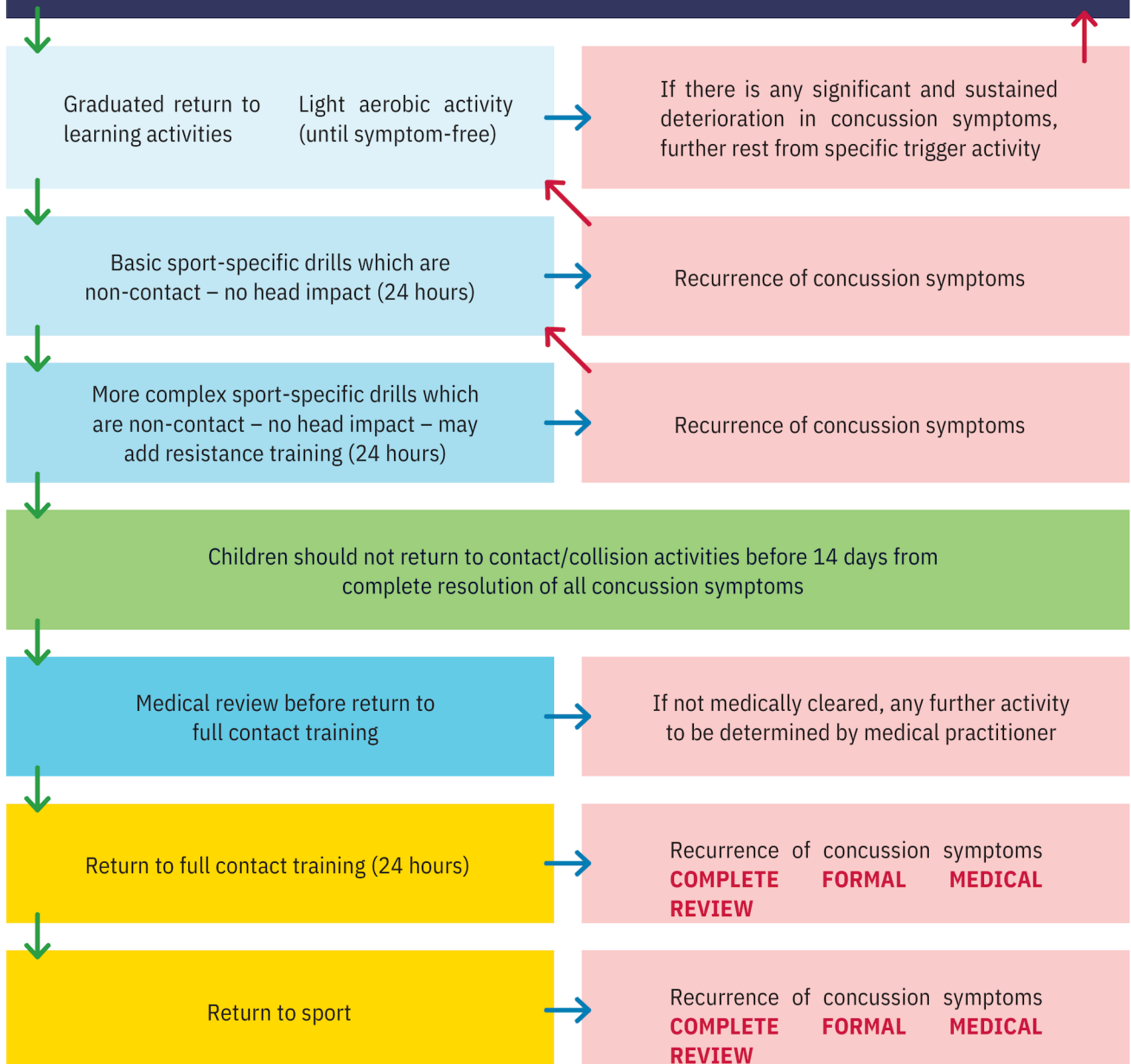
# Concussion in Sport Australia

Return to Sport Protocol for **Children** 18 years of age and under

## Diagnosis of concussion

## No return to sport

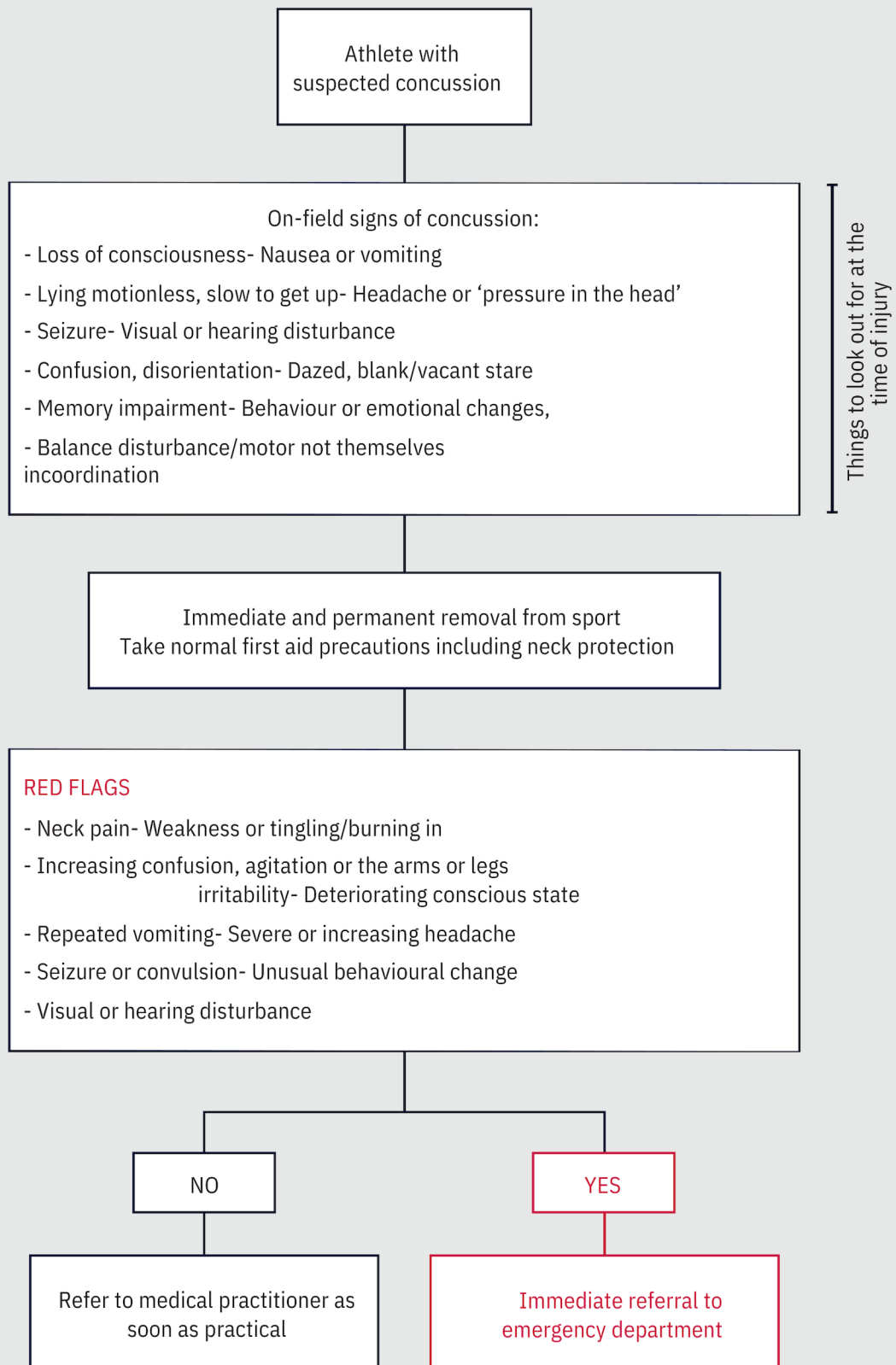
## Deliberate physical and cognitive rest (24–48 hours)



## 4. CONCUSSION MANAGEMENT

### 4.1 Concussion management flow chart – on court

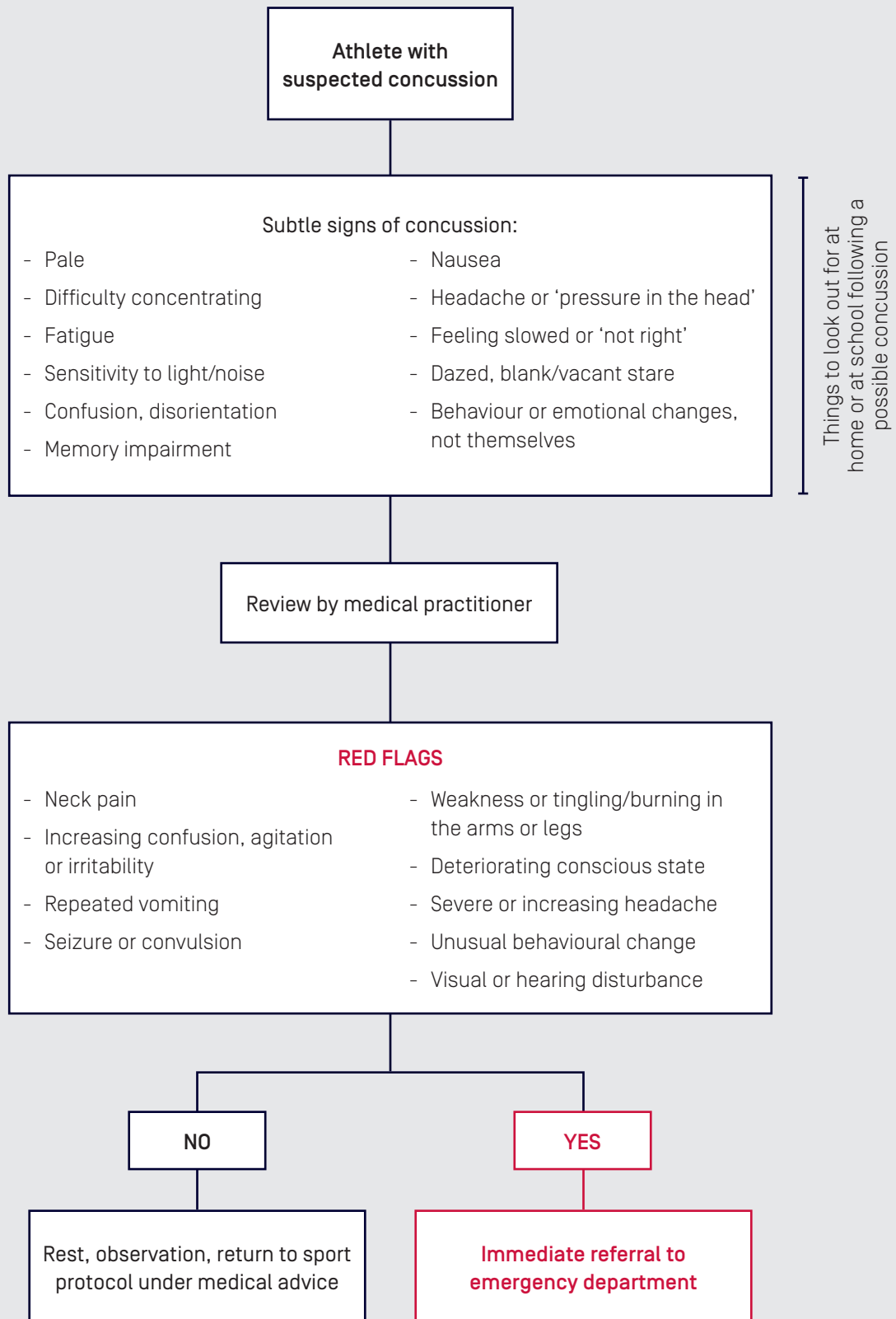
Diagram 3: Concussion management flow chart – on field (for parents, coaches, teachers, team-mates, support staff)



# Concussion in Sport Australia

## Concussion management flow chart – off field

(for parents, coaches, teachers, team-mates, support staff)





*“It’s ok to say you’re not ok*

*...if in doubt, sit them out”*

If you or a fellow athlete experiences any abnormal symptoms or feel unwell following a blow to the head or body, you should get checked out by a doctor.

For more information visit  
[concuSSIONINSport.gov.au](https://concuSSIONINSport.gov.au)



AUSTRALASIAN COLLEGE OF  
SPORT AND EXERCISE PHYSICIANS



AUSTRALIAN  
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**Policy** VJBLcc0923

**Drafted by** Greg Jeffers

**Responsible person** Greg Jeffers

**Version** 02

**Approved by** RC/VJBL

**Scheduled review date** September 2025

## INTRODUCTION

This document sets out the principles and provides general advice regarding the management of concussion in basketball in Victorian Junior Basketball Leagues (VJBL).

This policy has been produced by Basketball Victoria with the intention of prioritising the safety of VJBL participants in the incidence or suspected incidence of concussion. Basketball Victoria acknowledges that research into concussion injury continues to evolve, and this policy will be reviewed and updated based on scientific research and professional advice.

## DEFINITION

A concussion occurs through a collision with another person or object where biomechanical forces to the head or anywhere on the body transmits an impulsive force to the head/brain, resulting in transient neurological impairment. – AIS Concussion and Brain Health Position Statement, Feb. 2023

## PURPOSE

To provide for the welfare of VJBL players, and guide Team Officials, Technical Officials, and team supporters (family and friends) in the recognition, management and treatment process of concussion.

## POLICY

Any player at risk of concussion should be removed from the game immediately. The player is deemed to be 'at risk' in the following (but not exclusive) scenarios:

- a. When a player receives head contact that requires play to be stopped by the Technical Officials, and/or the player requires assistance from the court.

The player is thereby considered to be at risk of concussion and is to be substituted immediately and remain substituted for the remainder of play in that game.

- b. Following any suspicion of head contact, or transmission of force to the head, and a player

demonstrates or refers to a Team Official any of the following or similar symptoms:

- Disorientation
- Balance issues/Stumbling
- Dizziness or drowsiness
- Nausea or 'not feeling right'.
- Impairment in vision, to any extent.
- Headache, or head throbbing/pressure.

The player is thereby considered to be at risk of concussion and substituted immediately and remain substituted for the remainder of play in that game.

This policy refers to actions within the game, but further recommends actions to be taken following a suspected concussion.

## RESPONSIBILITIES

Basketball Victoria supports the 'Recognise, Remove, Refer' recommendations as set out in the AIS Concussion and Brain Health Position Statement, February 2023.

Basketball Victoria recommends:

- Team Officials and/or parents have the HeadCheck app available at games and training.
- Should a player have a concussion or suspected concussion that they are assessed medically - even if the symptoms resolve before returning to any physical activity.
- Following a concussion or suspected concussion, the player takes a minimum of 7 days from competitive activity.

All players with concussion or suspected concussion need urgent medical assessment and this is the responsibility of the parent or guardian of the player.

## CONCLUSION

Basketball Victoria strongly recommends that associations and individual teams implement an internal 'Concussion Record Keeping' tool. It is suggested this document record an athletes Concussion history as well as record any occurrence during the current season. (ref. Appendix 1). This



information can be communicated with medical staff to ensure sound long-term decision making in the best health interest of the athlete.

If any doubt, the player should be treated cautiously, and medical advice sought. The player should make a gradual and progressive return to play, supported by a medical professional.

## HELPFUL DOCUMENTS

[HeadCheck app](#)

[Scat5 /Child Scat5](#)

[Concussion in Sport Australia](#)

## APPENDIX 1.

Proposed concussion record sample:

**Team:**

**Season:**

Name	Date of injury	Concussion history