

## BNSW Concussion Policy

Basketball NSW (BNSW) is highly committed to the health, safety and wellbeing of each and every participant within our sport. In order to enhance the provision of a safe sporting environment BNSW has adopted the *Sports Medicine Australia 'Concussion in Sport Policy'*.

The aim of this policy is to ensure that all participants with a suspected concussion receive timely and appropriate medical advice and care to enable them to safely return to everyday activities and sport.

Although a medical practitioner should formally diagnose a concussion, all sport stakeholders including players, parents, coaches & officials should be aware of, recognise and report any participant with visual signs of a head injury or who report concussion symptoms to them.

### **Please be aware of any participant who collides with:**

- **another player;**
- **a piece of equipment; or**
- **the ground.**

Players who sustain an impact to the head, face, neck, or body may demonstrate visual signs of a concussion such as:

- Lying motionless on the playing surface
- Getting up slowly after a direct or indirect blow to the head
- Being disoriented or unable to respond appropriately to questions
- Having a blank or vacant stare
- Having balance and coordination problems such as stumbling or slow laboured movements
- Having a face or head injury

An athlete may also report symptoms of a concussion to a team mate, parent, official or coach.

Symptoms that may suggest a concussion include:

- Headache
- Feeling "Pressure in the head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise



- Fatigue or low energy
- “Don’t feel right”
- Feeling more emotional than usual
- Being more irritable than usual
- Sadness
- Being nervous or anxious
- Neck pain
- Difficulty concentrating
- Difficulty remembering basic information
- Feeling slow
- Feeling like they are “in a fog”

If there is no medical practitioner at the venue, once a potential concussion has been recognised, the participant in question should be removed from play immediately and referred to a medical practitioner for an assessment. At this time, ensure the participant is closely monitored and escorted for the referral.

**No one, other than a medical practitioner, can decide that it is okay for someone with suspected concussion to resume participating on the same day. This includes the player themselves, parents of junior players, coaches or officials.**

**Participants with a suspected concussion should:**

- **Be immediately removed from participation**
- **Not be left alone initially (at least for the first 1–2 hours)**
- **Not drink alcohol**
- **Not use recreational drugs**
- **Not take certain prescription medications including aspirin, anti-inflammatory medications, sedative medications or strong pain-relieving medications**
- **Not be sent home by themselves.**
- **Not drive a motor vehicle**
- **Be referred for appropriate medical assessment**

**\* All suspected concussions must be reported to BNSW as soon as reasonably practicable using the BNSW ‘Injury Report Form’.**

Most people will recover from a concussion within 10 to 14 days. However, recovery times will vary from person to person, and from injury to injury. Children and adolescents often take longer times to recover.

**Medical clearance must be provided to Basketball NSW and the participants local basketball association prior to the them being permitted to engage in any basketball related activities following a concussion injury.**

\* Please refer to the *Sports Medicine Australia ‘Concussion in Sport Policy’* for more information.