



GUIDELINES FOR CONCUSSION POLICY DEVELOPMENT

As part of a broader risk management plan, all sporting clubs should have a concussion policy and management guidelines in place.

Concussion injuries are common in many sports and recreational activities. It is important that best practice concussion management is implemented to ensure the welfare of the player in the short and long term.

Developing the Concussion Policy

In developing a sport concussion policy suitable for your club, you should consider the following;

- Best practice information available
- Policy requirements from your governing body (e.g. State Sporting Association)
- Type of sport (contact versus non-contact sport)
- Age of participants (children and/or adults)
- Resources available (e.g Pocket Concussion Recognition Tool)
- Training requirements

A Concussion Policy should include:

- A clear and concise definition of concussion
- Game day **and** follow-up management protocols
- Recommended return to play and school protocols.
- A nominated club official responsible for monitoring the management of players with a suspected concussive injury

may also include;

- A Medical release form (for clearance to play)
- Player Injury record form

Communicating your Concussion Policy

Your concussion policy needs to be clearly communicated across all levels of your club;

- Club Administrators
- Coaches and team managers
- Medical personnel (doctors, physiotherapists, nurses)
- Support personnel (sports trainers, first aid)
- Players
- Parents and supporters

The Concussion Policy should be reviewed and updated every 12 months.



Department of
Sport and Recreation



For more information visit sportconcussion.com.au