



# CONCUSSION POLICY

FEB 2024

## CONCUSSION POLICY INTRODUCTION

This document sets out the principles and provides general advice regarding the management of concussion in basketball in Mornington District Basketball Association (MDBA) competitions.

This policy has been produced with the intention of prioritising the safety of MDBA participants in the incidence or suspected incidence of concussion. MDBA 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 MDBA 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

MDBA 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

MDBA 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 RESOURCES

[Home | Concussion App - HeadCheck](#)

[Sport concussion assessment tool for childrens ages 5 to 12 years \(bmj.com\)](#)

[Concussion in Australian Sport | Concussion in Australian Sport \(concussioninsport.gov.au\)](#)

Review date: February 2025 or sooner if required.