



DIAMOND VALLEY BASKETBALL ASSOCIATION

CONCUSSION GUIDELINES

SUMMARY

Diamond Valley Basketball Association Concussion Policy encompasses to the Basketball Australia Concussion Management Guidelines 2018 and Concussion in Sport Australia Position Statement guidelines updated in February 2018 as per below.

Concussion in Sport Australia Position Statement – An initiative of the Australian Institute of Sport, Australian Medical Association, Australasian College of Sport and Exercise Physicians and Sports Medicine Australia in conjunction with all major sporting partners. There has been growing concern in regarding the incidence of sport related concussions and potential health ramifications for athletes. Concussion affects athletes at all levels of sport. If managed appropriately most symptoms and signs of concussion resolve spontaneously. Complications can occur, however including prolonged duration of symptoms and increased susceptibility to further injury. There is also the concern about potential long-term consequences of multiple concussions.

Diamond Valley Basketball Association acknowledges that most instances of concussion will take place in places where a medical practitioner is not immediately available to make an assessment of an athlete who sustains a head injury.

These guidelines have been developed to outline the issues for athletes, coaches, team managers and others responding to athletes who have a received a head injury. The purpose of these guidelines is to protect the welfare of athletes and they are not intended to replace medical assessment and treatment.

WHAT IS CONCUSSION?

Concussion is a traumatic brain injury, caused by a hit or knock to the head, face or neck with force. It causes short lived neurological impairment and the symptoms may evolve over hours or days following the injury.



DIAGNOSIS

Recognising concussion can be difficult. The symptoms and signs can come on rapidly, will evolve over time and spontaneously resolve. A hard knock is not required and concussion can occur from minor knocks.

A player with any, neurological symptoms or signs or any evidence of a disturbance of mental status or cognitive function following trauma, is considered to have concussion and should be immediately removed from play. No player with suspected concussion can return to play in the same game.

Immediate and obvious signs of concussion -

- loss of consciousness, brief convulsions or difficulty walking or breathing

Other possible symptoms–

- Headache
- dizziness, confusion, feeling slowed down, neck pain, drowsiness, sensitive to light or noise, confusion, blurred vision, fatigue, nausea or vomiting, blank stare.

TREATMENT/EMERGENCY CARE

The DVBA would advise where possible that parents/guardians, coaches or team managers would be guided with the below links in relation to head injuries during a games or training.

The signs and symptoms for concussion tend to resolve by themselves over time with rest and management; however, they are the same as for more serious structural brain injury.

Below are links for the HeadCheck app and the Concussion Recognition Tool that can be used by a non-trained individual to assess for an athlete for concussion.

https://sportconcussion.com.au/wp-content/uploads/2016/02/Concussion_Recognition_Tool5.pdf

<https://itunes.apple.com/au/app/headcheck/id887756402?mt=8>

RETURN TO PLAY

Following confirmed concussion injury, a player is strongly advised to seek a medical clearance before returning to play or train. This is the responsibility of the parent or guardian of the concussed player. This is particularly important if there has been more than one concussion incident.