

Surfcoast Basketball Association Concussion Policy



“If in doubt, sit them out”

1. Purpose

The purpose of this policy is to protect the health and wellbeing of all players participating in Surfcoast Basketball Association (SBA) activities.

A **concussion** is a type of brain injury caused by a bump, blow, or jolt to the head, or a hit to the body that causes the head and brain to move rapidly. This can cause the brain to twist or bounce, affecting normal function. Concussions may occur with or without loss of consciousness, and symptoms may appear immediately or develop over time.

Returning a player to training or competition too early can result in a **secondary concussion**, which may carry **serious or permanent neurological consequences**, including prolonged symptoms, cognitive difficulties, or, in rare cases, permanent brain injury. Proper recognition, removal from play, and medical clearance are essential to **protect the player’s health and prevent long-term harm**.

This policy sets out the SBA’s required procedures for the **recognition, management, documentation, and safe return to play** following a concussion or suspected concussion.

2. Recognition of Concussion

The SBA encourages the use of the **HeadCheck app** to support identification of concussion signs and symptoms on game day.

2.1 Training and Education Requirements

To ensure consistent knowledge and decision-making:

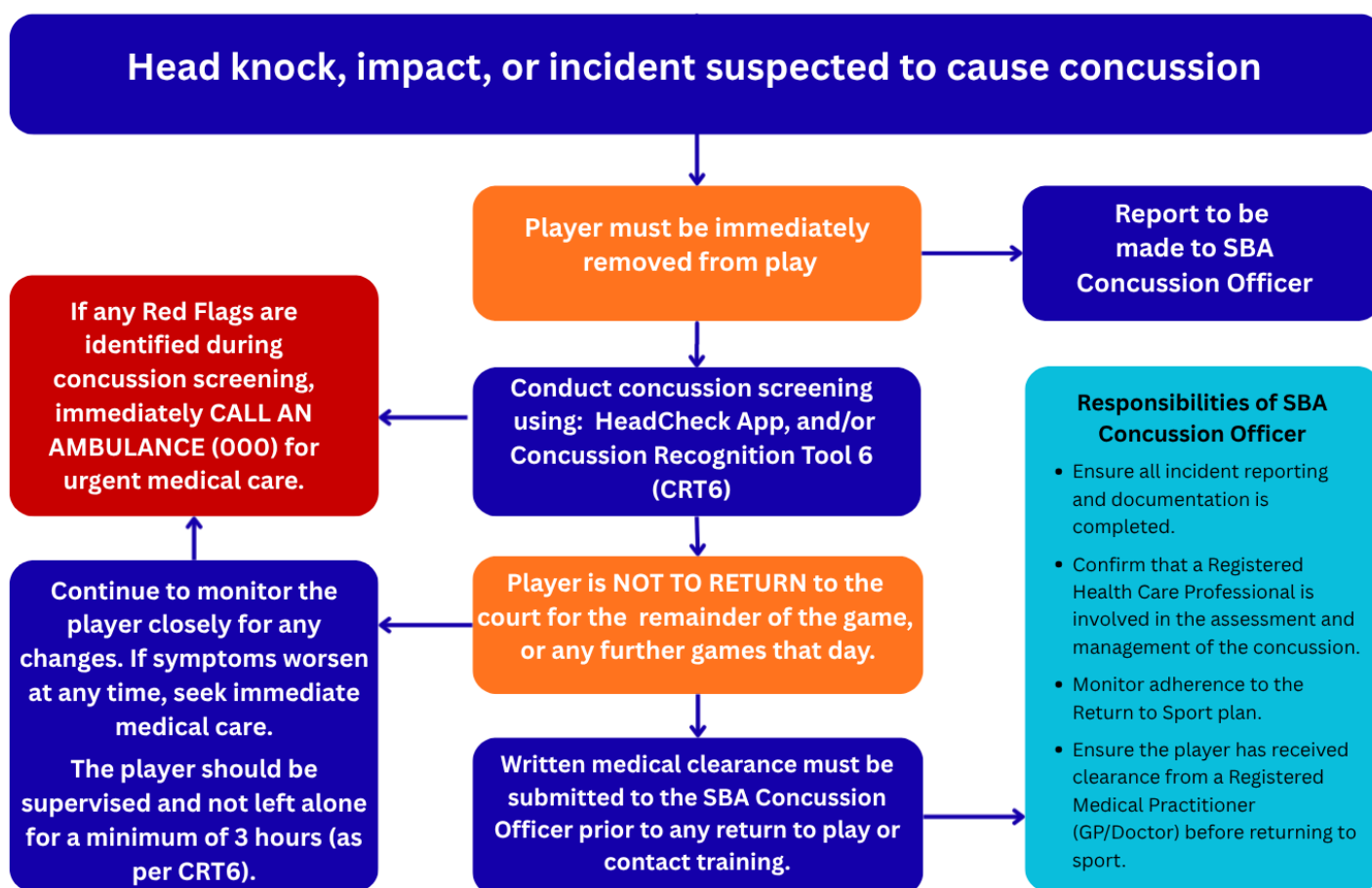
- It is recommended all Domestic Team Coaches, Surfcoast Chargers Coaching Staff and Team Managers attend **annual SBA Concussion Awareness Training**.
- All relevant staff are responsible for familiarising themselves with the **Australian Concussion Guidelines for Youth and Community Sport, The Concussion Recognition Tool 6 (CRT6)** and the **HeadCheck app***

**HeadCheck terms currently state that the user accessing and agreeing to the app terms must be at least 18 years old*

2.2 Immediate Recognition Procedure

If a player is suspected of having a concussion:

1. The player must be **immediately removed** from the game.
2. A **concussion screen** is to be conducted using: the HeadCheck App, and/or the Concussion Recognition Tool 6 (CRT6).
3. The player **cannot return to the game under any circumstances** - or participate in any further games that day.
4. This decision is final and **cannot be challenged** by the player, coaching staff, or parents/guardians. **“If in doubt, sit them out.”**



“If in doubt, sit them out”

3. Persons of Authority on Game Day

- Coach or Parent/Guardian (of the player), Duty Manager, Court Supervisor, Referee, Referee Supervisor, Team Manager (in the case of Surfcoast Chargers)

Whilst the above listed individuals will make every effort to identify any player who may have sustained a concussion, responsibility is shared by everyone present at the game.

If **ANY** designated person of authority determines that a player should be removed from play for Concussion Screening, this decision must be respected and is not to be challenged.

Key points:

- **Bystanders** who are concerned that a player is **exhibiting signs of a concussion** should report their concerns to the Court Supervisor.
- If a player is assessed as requiring Concussion Screening, they are not permitted to return to the game under any circumstances, nor participate in any further games that day.

Note: The **majority of people in these roles are volunteers**, not medical professionals. They should be treated with understanding and respect while carrying out their responsibilities.

This applies to all SBA competitions and representative teams.

4. Medical Clearance and Return to Play

- Written clearance from a **Registered Medical Professional (GP/Doctor)** is required before returning to training or competition.
- Clearance must be submitted to the **SBA Concussion Officer**.
- These requirements apply regardless of the speed or apparent recovery of the player.
- If the medical assessment determines that the player has sustained a suspected or confirmed concussion, the player is required to adhere to the 'Recovery and return to sport' timeframes outlined below.

Recovery and Return to Sport:

- The player must be symptom-free at rest for a **minimum of 14 days** before commencing any contact training.
- **The earliest a player may return to competition is 21 days post-injury, provided they have successfully completed a graded return-to-play plan.**

Example: A concussion sustained on Friday of Round 1 means the earliest return is Friday of Round 4.

- It is imperative that the player maintains regular communication with the SBA Concussion Officer throughout this period and provides the required written medical clearances prior to returning to training or competition.
- Some concussions may be more severe or complex, in which case the required recovery timeframes will be extended on a clinical basis.
- The above timeframes represent the minimum requirements based upon the **Australian Concussion Guidelines for Youth and Community Sport** (Australian Sports Commission / AIS, 2024) and should not be interpreted as an indication of the player's expected recovery duration.

5. SBA Concussion Officer

The SBA will appoint a **Concussion Officer** to oversee the management of all suspected or diagnosed concussions.

Responsibilities:

- Receive all concussion reports and documentation
- Maintain a registry of suspected and confirmed concussions
- Ensure compliance with the SBA concussion policy
- Confirm that **medical clearance** is provided before a player returns to training or play
- Communicate with parents/guardians, coaches, and club officials as required

Note: The Concussion Officer does **not** need to be a medical professional.

6. Cross-Sport Concussion Disclosure

Players and parents/guardians must notify the Team Manager, Coaching Staff, and SBA Concussion Officer if a concussion occurred **outside SBA activities**.

This ensures safe and consistent management across all sports and activities.

7. Compliance

- All SBA participants—including players, parents, coaches, referees, and officials—must adhere to this concussion policy.
 - Players will be **withheld from participation** until all requirements, including medical clearance, are met.
 - Further consequences for non-compliance may be applied at the discretion of the SBA Board.
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8. Acknowledgement

This policy is informed by the **Australian Sports Commission / AIS – Australian Concussion Guidelines for Youth and Community Sport (February 2024)**.

Recommended Concussion Screening Tools:

[Headcheck app download](#) *Please note: HeadCheck terms currently state that the user accessing and agreeing to the app terms must be **at least 18 years old***

[The Concussion Recognition Tool 6 \(CRT6\)](#)

Key Resources:

[Australian Concussion Guidelines for Youth and Community Sport](#)

[Concussion in Sport Australian Position Statement](#)

[Concussion Referral and Clearance Form](#)

[Graded Return to Sport Framework \(Community & Youth\)](#)
