

CONCUSSION

Information for Players and Parents

BDNC is providing information to parents and players regarding the management of suspected concussion to ensure our coaches, team managers, players and parents understand how to recognise and manage concussion.

We aim to ensure the short and long-term health and safety of all BDNC players is protected from the risks presented by concussion.

BDNC Policy Requirements:

- Parents, players and coaches to follow the Netball Australia Guidelines for the Management of Sports Related Concussion in Netball [here](#).
- BDNC Players must disclose concussion injuries from other sports (eg football) including the date the concussion was sustained, the diagnosis and treatment. They must advise their Coach and the President. Where concussion was incurred in another sport, BDNC players are to apply the Netball Victoria Return to Sport guidelines in full before they return to netball.

New guidelines for managing sport-related concussion in netball

In 2024 Netball Australia released important updates to the concussion protocols for all levels of sport, including community netball.

The new guidelines are designed to protect the health and well-being of all participants, and are aligned with the recent Australian Institute of Sport's Concussion and Brain Health Position Statement. They provide information on how to recognise concussion and manage concussion from the time of injury through to a safe return to education, work and playing sport.

Netball Victoria and BDNC immediately aligned themselves with these guidelines. BDNC requires all coaches, team managers, players and parents to follow the guidelines.

Why are we so concerned about concussion?

We now know that there are potential long-term consequences of repeated concussions such as chronic headaches, personality changes and memory issues. Returning to sport too early puts the player at increased risk of other injuries, of prolonged concussive symptoms and the potentially fatal "Second Impact Syndrome" - sudden brain swelling after a repeat concussion.

Return to sport

'Return to sport' is about the athlete's gradual return to full sporting activity. The four stages for returning to play following a concussion include:

1. A brief period of relative rest (24-48 hours),
2. A period of recovery, including a graduated progression through light, moderate and high intensity aerobic exercise
3. A graded loading program – with medical clearance required before returning to full/contact training (minimum 14 days), and
4. Unrestricted return to play

The earliest a player can return to Play after a concussion is on the 21st day after the day on which the concussion was sustained provided the player has safely progressed through each phase of the return-to-play program.