

CSNSW Sport – Concussion Statement

CSNSW Sport aims to follow the best practice guidelines as they pertain to Concussion in sports.

The Concussion in Sport Australia Position Statement is a recent development which outlines the position of the AIS, AMA and Sports Medicine Australia about concussion. During the conduct of any sports competitions organised by CSNSW Sport, CSNSW Sport shall adopt concussion management practices in line with the 2019 Concussion in Sport Australia Position Statement.

What is Concussion?

Concussion is a brain injury and is defined as a complex physiological process affecting the brain, induced by biomechanical forces. Concussion may be caused by either a direct or indirect blow to the head, face, neck or body causing an impulsive force transmitted to the head (Sports Medicine Australia). There is concern about potential long-term consequences of concussion or an accumulation of sub concussive head impacts resulting from ongoing participation in contact, collision and combat sports.

What if a student displays Concussion symptoms?

Any athletes displaying any of the following symptoms or clinical features should be removed immediately from the sport;

- loss of consciousness
- no protective action taken by the athlete in a fall to ground, directly observed or on video
- impact seizure or tonic posturing
- confusion, disorientation
- memory impairment
- balance disturbance or motor incoordination (e.g. ataxia)
- athlete reports significant, new or progressive concussion symptoms
- dazed, blank/vacant stare or not their normal selves
- behaviour change atypical of the athlete

Should a competitor display any of the following signs they should be immediately referred to the nearest emergency department

- neck pain
- increasing confusion, agitation or irritability
- repeated vomiting
- seizure or convulsion
- weakness or tingling/burning in the arms or legs
- deteriorating conscious state
- severe or increasing headache
- unusual behavioural change
- double vision.

Furthermore, as a consistent and growing body of evidence supports a slower rate of recovery in children and adolescents aged 18 and under, a more conservative approach to concussion management is recommended.

If a competitor is suspected of having suffered a concussion injury an incident/injury report must be provided to the convener of the sport on the date of the injury.

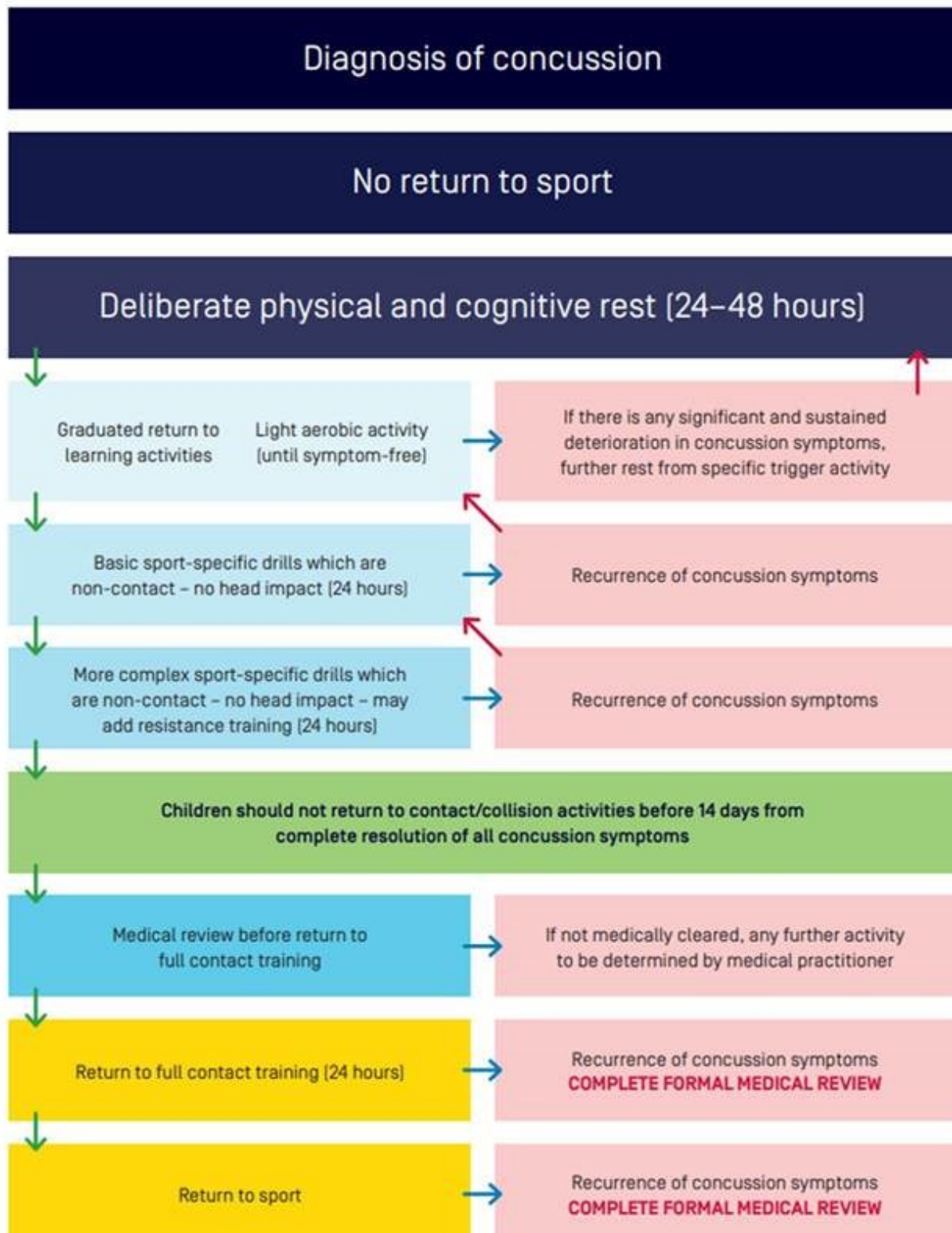
Further information about concussion can be found at

https://www.sportaus.gov.au/_data/assets/pdf_file/0005/683501/February_2019_-_Concussion_Position_Statement_AC.pdf

When can a student return to sport after a Concussion has been diagnosed?

If a concussion has been diagnosed in a student competing in a CSNSW Sport Pathway or competition, they will not be allowed to return to the sport or competition until the process described in the following diagram has been followed.

Diagram 2: Return to Sport Protocol for children 18 years of age and under



Other Resources

Some more commonly used resources in concussion management include:

- [Concussion in Sport Australia Position Statement](#) created in conjunction with AIS, AMA and ACSEP
- [Concussion in Sport Australia website](#)
- [Pocket Concussion Recognition Tool](#)
- [SCAT 5 – Sports Concussion Assessment Tool](#)
- [SCAT 5 – For Children](#)

For sport specific concussion policies, please click on the appropriate link:

- [Australian Football League \(AFL\)](#)
- [National Rugby League \(NRL\)](#)
- [World Rugby](#)
- [Australian Football Federation](#)