

BOROONDARA NETBALL ASSOCIATION: CONCUSSION PROTOCOL

PRE-SEASON BASELINE TESTING & EDUCATION

1. **PLAYERS:** pre-season baseline testing for all players using [SCAT5](#) = reference point to assess any suspected concussions
2. **TEAM PERSONNEL:** complete [Sport Related Concussion Short Course](#)

HEAD IMPACT during training / match
(major or minor, as concussion can go unrecognised)

ASSESS FOR RED FLAGS

1. Cervical Spine injury: neck pain
2. Conscious state - unconscious / deteriorating
3. Seizures / Convulsions
4. Weakness or tingling in arms / legs
5. Restlessness, agitation, confusion, unusual behaviour
6. Severe headache, vomiting
7. Double vision
8. Slurred speech

Call 000

DRSABCD

- Danger
- Responsive
- Send for help
- Airways
- Breathing
- CPR
- Defibrillation

YES

NO RED FLAGS

REMOVE FROM COURT > note: neck protection

ASSESS FOR DIAGNOSIS OF CONCUSSION

Symptoms:

- Visual disturbance ie) blurred / double vision
- Feels "foggy", slow, lethargic
- Nausea / vomiting / dizziness
- Headache / pressure

Physical signs:

- Memory loss
- Balance / gait uncoordinated, slow
- Dazed, blank stare
- Sensitivity to light / noise

Behavioural change:

- Changed behaviour ie) irritable, emotional, anxious

Cognitive impairment:

- Confused, disorientated in time and place
- Slowed reaction times
- Cannot answer specific questions

Diagnosis of potential concussion confirmed

NOT TO RETURN TO COURT

- Do not leave alone
- No alcohol, sedatives, anti-inflammatories, aspirin
- No driving
- **Ongoing serial monitoring for "Red Flags"**

Prompt Medical Assessment by local GP / ED

- Medical Follow up by GP / Physio
- Graded return to play as per Dr advice (as per SCAT 5)
- Needs medical clearance to return to training / play
- Average 10 – 14 days

NO

No matter how minor the impact, if there is ANY doubt about the diagnosis, player should not return to court until has been assessed by a Medical Practitioner in a quiet location.

"If in doubt, sit them out"

REFERENCES:

- AIS: [Concussion in Sport](#)
- [HEADCHECK app](#)
- [Concussion in Sport – position statement](#)
- [RACGP](#) – Sports Related Concussion
- [Concussion Recognition Tool](#)
- [SCAT5](#)

Prepared by Dr Sue Reddish