

Concussion Do's and Don'ts in Junior Sport

Concussions are a serious concern in junior sport, and understanding how to handle them is crucial for the safety and well-being of young athletes.

This guide provides essential do's and don'ts for clubs, coaches, parents, and players to effectively manage concussions and ensure a safe sporting environment.



Understanding Concussions

Definition

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head.

Severity

Even mild concussions can have significant effects, particularly in children and adolescent brains.

Symptoms

Symptoms can include headaches, dizziness, confusion, and changes in behaviour or mood.

Concussion Management - **Do's**



Educate Everyone Involved

Ensure coaches, players, and parents are informed about the signs and symptoms of concussions. Provide training on proper concussion management and return-to-play protocols.



Recognise the Signs

Be vigilant for symptoms like headaches, nausea, balance problems, blurred vision & difficulty concentrating. Understand that symptoms can appear immediately or be delayed for several hours or even days.



If in Doubt, Sit them out

If a concussion is suspected, immediately remove the athlete from play. Prioritise the athlete's health over the game. Continuing to play can exacerbate the injury.

Concussion Management - **Do's**



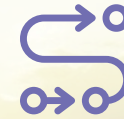
Seek Medical Attention

Have the athlete evaluated by a healthcare professional experienced in concussion management. Follow the medical professional's advice regarding rest and recovery.



Ensure Rest and Recovery

Allow the athlete to have both physical and cognitive rest, limiting activities like schoolwork, reading & screen time. Gradually reintroduce activities based on the medical guidance.



Return-to-Play Protocol

Follow a step-by-step return-to-play protocol once the athlete is symptom-free. Each step should gradually increase in intensity and only progress if no symptoms reappear.

Concussion Management - **Don'ts**



Ignore Symptoms

Never downplay or ignore symptoms of a concussion. Encourage athletes to speak up about their symptoms without fear of judgement or repercussions.



Rush the Return

Avoid pressuring the athlete to return to play before they are fully recovered. A premature return can lead to further injury and prolonged recovery time.



Rely Solely on Visible Symptoms

Not all concussions present with visible signs like loss of consciousness. Trust the athlete's self-reported symptoms and seek medical advice if in doubt.

Concussion Management - **Don'ts**



Don't Allow the Athlete to Be Alone

Ensure the athlete is supervised by a responsible adult for the first 24-48 hours after the injury. Monitor for any worsening symptoms or changes in behaviour.



Don't Overlook the Emotional Impact

Understand that concussions can also affect an athlete's emotional well-being. Provide support and encourage them to talk about their feelings and concerns.

In a Nutshell...

Concussions require serious attention and careful management in junior sport. By following these do's and don'ts, we can protect young athletes and help them recover fully before returning to the sports they love.

At Safeguarding You, we are committed to promoting safe practices and supporting the health and well-being of all athletes with affordable and educational online programs, that help leagues and clubs upskill, audit and improve their safeguarding (and concussion) standards.

Safeguarding You offers a Lifeline.

The **Sports Concussion Implementation Program** helps clubs with limited resources understand, assess, report, improve, and certify their concussion management standards.

- Start with an assessment modelled on the 2024 AIS and AFL Concussion Guidelines.
- View a dashboard report with actionable insights.
- Follow powerful recommendations that guide you through targeted improvements.
- All supported by a digital library and helpful resources.

Sports Concussion Implementation Program

Modelled on the 2024 Australian Institute of Sport + AFL Concussion Guidelines.



 **Australian Government**
Australian Sports Commission

 **AIS**

AUSTRALIAN CONCUSSION GUIDELINES FOR YOUTH AND COMMUNITY SPORT

A collaboration between the Australian Institute of Sport, Australasian College of Sport & Exercise Physicians, Sports Medicine Australia and Australian Physiotherapy Association

Aligned with the UK Department of Culture, Media and Sport and NZ Government Accident Care Commission

Australian Institute of Sport | June 2024





THE MANAGEMENT OF SPORT-RELATED CONCUSSION IN AUSTRALIAN FOOTBALL

**WITH SPECIAL SUPPLEMENT FOR THE MANAGEMENT OF
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MARCH 2024

Program Modules

1. Club Governance



2. Day of Injury Management



3. Return to Play Protocols



4. Management of More Complicated Cases



5. Reduction of Concussion and Head Impacts



6. Comprehensive Diagnosis Techniques



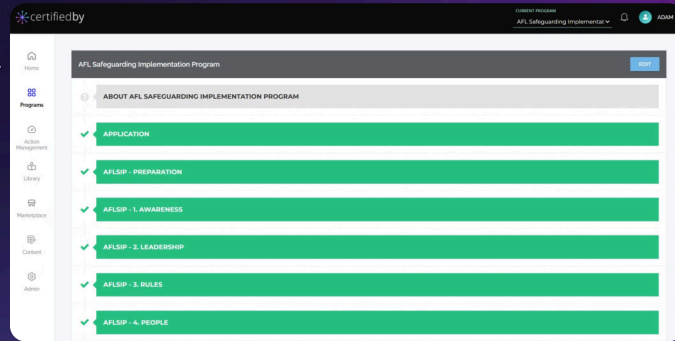
7. Children and Adolescents



8. Roles and Responsibilities

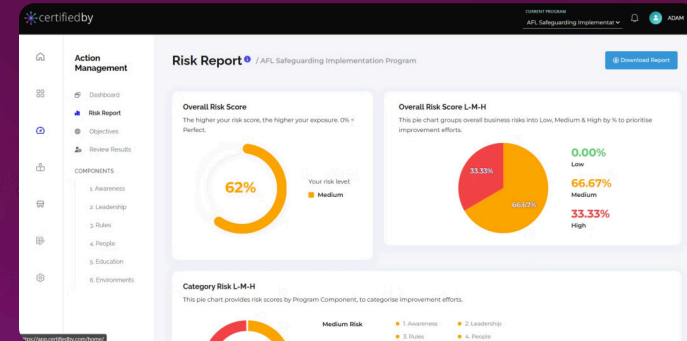


ASSESS



PRIORITISE

REPORT



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Let's Take Concussion Seriously.

To find out more....
**Book a Discovery
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