Softball Australia Concussion Policy

Approved by the Board: 19 March 2019
Updated: 17 May 2021
Review date: May 2023
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1 **Preamble**

1.1 This policy sets out the guiding principles and provides general advice regarding the management of concussion in softball in Australia.

1.2 This policy has been produced by Softball Australia.

1.3 This policy is of a general nature only. Individual treatment will depend on the facts and circumstances specific to each individual case. This policy is not intended as a standard of care and should not be interpreted as such.

1.4 This policy will be reviewed regularly by Softball Australia and will be modified according to the development of new knowledge.

2 **Definition**

2.1 Concussion is a brain injury and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces.

2.2 Concussion refers to a disturbance in brain function caused by a direct or indirect force to the head. The effect concussion can have on a participant can vary from person to person, and injury to injury. Usually the changes are temporary and the majority of participants recover completely if managed correctly. Concussion is a relatively common injury in many sport and recreational activities.

2.3 The purpose of this policy is to outline the standards and guidelines regarding the management of concussion in softball in Australia.

3 **Concussion Recognition Tool**

3.1 The Concussion Recognition Tool was designed to help identify concussion in children, youth and adults, and is a quick reference guide that can be referred to at any time for concussion recognition and management – see link below:


4 **Concussion Management**

4.1 Concussion management flow chart – on field
Concussion in Sport Australia
Concussion management flow chart – on field
(for parents, coaches, teachers, teammates, support staff)
4.2 Concussion management flow chart – off field

Concussion in Sport Australia
Concussion management flow chart – off field
[for parents, coaches, teachers, team-mates, support staff]

![Concussion Management Flow Chart](image.png)
5 Concussion Protocol

5.1 AIS Concussion Protocol Under 18

Concussion in Sport Australia
Return to Sport Protocol for children 18 years of age and under

Diagnosis of concussion

No return to sport

Deliberate physical and cognitive rest [24–48 hours]

- Graduated return to learning activities
- Light aerobic activity [until symptom-free]
  → If there is any significant and sustained deterioration in concussion symptoms, further rest from specific trigger activity

- Basic sport-specific drills which are non-contact – no head impact (24 hours)
  → Recurrence of concussion symptoms

- More complex sport-specific drills which are non-contact – no head impact – may add resistance training (24 hours)
  → Recurrence of concussion symptoms

Children should not return to contact/collision activities before 14 days from complete resolution of all concussion symptoms

- Medical review before return to full contact training
  → If not medically cleared, any further activity to be determined by medical practitioner

- Return to full contact training (24 hours)
  → Recurrence of concussion symptoms
  *COMPLETE FORMAL MEDICAL REVIEW*

- Return to sport
  → Recurrence of concussion symptoms
  *COMPLETE FORMAL MEDICAL REVIEW*
5.2 AIS Concussion Protocol Adults Over Age 18

Concussion in Sport Australia
Return to Sport Protocol for adults over 18 years of age

Diagnosis of concussion

No return to sport

Deliberate physical and cognitive rest [24–48 hours]

Light aerobic activity (until symptom-free) → Significant and sustained deterioration in concussion symptoms

Basic sport-specific drills which are non-contact – no head impact [24 hours] → Recurrence of concussion symptoms

More complex sport-specific drills which are non-contact – no head impact – may add resistance training [24 hours] → Recurrence of concussion symptoms

Medical review before return to full contact training → If not medically cleared, any further activity to be determined by medical practitioner

Return to full contact training [24 hours] → Recurrence of concussion symptoms COMPLETE FORMAL MEDICAL REVIEW

Return to sport → Recurrence of concussion symptoms COMPLETE FORMAL MEDICAL REVIEW
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