

UniSport Australia Guideline

Concussion

What is concussion?

Concussion is a brain injury caused by a knock to the head or anywhere on the body, where the force is transmitted to the head. It can also be caused by a fall. Concussion involves temporary neurological impairment.

The symptoms may evolve over the hours or days following the injury. While all concussions should be assessed by a doctor, most will resolve without the need for specific treatment. Rest, followed by gradual return to activity is the main treatment.

A short period (24-48 hours) of relative rest, followed by gradual return to activity, is the main treatment.

All concussions are serious.

Concussion Policy.

Recognition of a concussion can be difficult. Any athlete that suffers a head knock, or is suspected of having sustained a concussion, must be sent to the onsite medical support for initial assessment.

Any athlete that is then assessed to be suspected of having sustained a concussion by the medical team will be sent for further assessment by an Allied Health Professional.

The relevant University Team Manager will be notified of any athlete removed due to a suspected concussion and the athlete in mention will have their accreditation deactivated until an acceptable full clearance has been provided, in writing, to the Competition Management at the relevant sport. The medical team must also be made aware of the clearance being returned. Without such clearance, the athlete will not be able to return to play.

ALS position statement

UniSport Australia endorses the Concussion and Brain Health Position Statement, which can be found at: www.concussioninsport.gov.au/

Concussion and Brain Health Position Statement 2024 (CBHPS24) brings together the most contemporary evidence-based information and presents it in a format that is appropriate for all stakeholders. The Position Statement is intended to ensure that participant safety and welfare is paramount when dealing with concussion in sport.

The Position Statement is an initiative of the Australian Institute of Sport, Sports Medicine Australia, Australian Physiotherapy Association and Australasian College of Sport and Exercise Physicians. UniSport supports SMA initiatives in dealing with concussion and follows SMA practices at its events.

Previous Amendments

New guideline in 2016 | October 2017 | March 2018 | March 2019 | April 2024 | July 2026