



COMMUNITY BASKETBALL LEAGUE (CBL) CONCUSSION POLICY

Purpose

Camberwell District Basketball Association (CDBA) is committed to providing a safe environment for all participants. The health and wellbeing of players is the highest priority in the event of any suspected concussion or head injury. This policy outlines the approach adopted by CDBA in relation to concussion recognition, management and return to participation within the Community Basketball League (CBL).

Adoption of Australian Concussion Guidelines for Youth and Community Sport

The CBL adopts and adheres to the *Graded Return to Sport Framework for Community and Youth Sport* as outlined in the *Australian Concussion Guidelines for Youth and Community Sport*. View the document [HERE](#).

CDBA strongly recommends that all members of the CBL community – including players, coaches, team managers, referees and families – familiarise themselves with this document, in particular:

- *How to Recognise Concussion* (Page 5)
- *What to do Next: Immediate Management of Concussion* (Page 6)
- *Graded Return to Sport Framework for Community and Youth Sport* (Page 10)

Recognising Concussion

A concussion may occur following a direct or indirect blow to the head, face or body. Symptoms may appear immediately or may develop over time. Signs and symptoms can include, but are not limited to:

- Headache
- Dizziness
- Confusion
- Balance problems
- Nausea or vomiting
- Blurred vision
- Sensitivity to light or noise
- Memory problems
- Unusual behaviour or emotional changes

Any player suspected of having sustained a concussion should be removed from play immediately.

"If In Doubt, Sit Them Out"

CDBA recommends that all participants adopt the principle:

"If in doubt, sit them out."

Any player with a suspected concussion should not continue participating until appropriately assessed and managed in accordance with the *Australian Concussion Guidelines for Youth and Community Sport*.

Responsibility for Junior Players

In the event of a head knock and/or suspected concussion involving an athlete under the age of 18 years:

- Referees may stop play and recommend to a coach that a player leave the court if concussion is suspected, but it is important to note **CBL referees and venue supervisors are NOT responsible for making medical decisions regarding a player's fitness to continue participation.**
- The attending parent or guardian is ultimately responsible for determining whether their child returns to the game and/or seeks medical assessment or treatment.

CDBA strongly encourages parents and guardians to seek medical advice following any suspected concussion.

Responsibility for Senior Players

In the event of a head knock and/or suspected concussion involving a senior player (18 years and over):

- Referees may stop play and recommend that a player leave the court if concussion is suspected, but it is important to note **CBL referees and venue supervisors are NOT responsible for making medical decisions regarding a player's fitness to continue participation.**
- The player is ultimately responsible for making decisions regarding their ongoing participation and/or seeks medical assessment or treatment.

CDBA strongly encourages senior players to adopt a cautious approach and seek medical advice following any suspected concussion.

Return to Sport

Players returning from concussion should follow the *Graded Return to Sport Framework for Community and Youth Sport* contained within the Australian Concussion Guidelines. Players should only return to participation once symptom-free and medically cleared where appropriate.

Commitment to Player Welfare

CDBA is committed to supporting the safety and wellbeing of all players and encourages a cautious, informed and player-first approach to concussion management across all levels of community basketball participation.

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