



Mandurah Basketball Association NBL1 Concussion and Injury Management – Policy and Procedure



DOCUMENT TITLE:	NBL1 Concussion and Injury Management – Policy and Procedure
VERSION:	01
DATE APPROVED:	27 May 2024
REVIEW DATE:	26 May 2026
NEXT REVIEW DATE:	26 May 2026
SUPPORTING POLICY/LEGISLATION	NBL1 West Rules of Operation 2024
SUPPORTING DOCUMENTS	Basketball Australia Concussion Guidelines 2016 Australian Sports Commission – Concussion in Australian Sports Australian Sports Commission – Return to Play protocols National Institute of Health (gov.au) – National Athletes Trainers Association Position Statement: Management of Sport-Related Concussion

1. Policy

1.1. Introduction:

- 1.1.1. Mandurah Basketball Association Inc. is committed to the safety and well-being of all athletes within our Mandurah Magic NBL1 West program.
- 1.1.2. Mandurah Basketball Association Inc. is committed to compliance with Occupational Health and Safety legislation.
- 1.1.3. It is the responsibility of Team Staff and Athletes of the Mandurah Basketball Association Inc. Mandurah Magic NBL1 West program to familiarise themselves and comply with this policy, associated procedures, listed documents and legislative requirements.
- 1.1.4. Mandurah Basketball Association Inc. recognises that from time to time injury occurs in semi-professional sport and as such, has a responsibility to mitigate risks associated to both the Association and athletes.

1.2. Policy Statement:

- 1.2.1. This policy and its accompanying procedures are divided into three (3) sections;
 - 1.2.1.1. Concussion,
 - 1.2.1.2. Injury, and
 - 1.2.1.3. Appendices



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1.3. Staff Standards:

- 1.3.1. At scheduled trainings and game events teams will have access to a club representative with a current First Aid certificate.
- 1.3.2. If the above mentioned representative is not a team staff member, the representative will make themselves known to present team staff.
- 1.3.3. The above mentioned club representative will be familiar with any NBL1 West Concussion Policy, this document and the location of an AED at the venue, and how to use it.
- 1.3.4. Mandurah Basketball Association Inc. will ensure that a representative is in attendance at each scheduled training and game event, and has available to them:
 - 1.3.4.1. A list of the nearest hospital emergency department locations,
 - 1.3.4.2. An emergency or next of kin contact for each athlete,
 - 1.3.4.3. A pre-completed athlete health/medical form, and
 - 1.3.4.4. Hardcopies of the Concussion management flow chart – off field, contained within this policy and sourced from the Concussion in Australian Sports Commission website.

2. Concussion:

2.1. Definition:

- 2.1.1. Concussion is a head injury. Basketball Australia defines concussion as 'a temporary disturbance of brain function that has been described as a complex pathophysiological process affecting the brain, induced by biomechanical forces'.

2.2. Management of suspected Concussion:

- 2.2.1. Any athlete with a possible suspected concussion must be immediately removed from play or participation.
- 2.2.2. The First Aid representative present shall assess the likelihood of immediate concussion and initiate further action required using the 'Concussion management flow chart – off field' from Australian Sports Commission as their guide.
- 2.2.3. The First Aid representative will reassess the athlete every five (5) minutes, as per the National Institute of Health (gov) National Athletes Trainers Association Position Statement: Management of Sport-Related Concussion guidelines, for the first hour after incident, or less if the athlete receives qualified medical practitioner assessment.
- 2.2.4. The First Aid representative will complete the Mandurah Basketball Association Inc. 'Incident - Concussion assessment' record at each time of assessment. A copy of this record will be provided to:
 - 2.2.4.1. Mandurah Basketball Association Inc. administration,
 - 2.2.4.2. The athlete, and



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2.2.4.3. The first medical practitioner or paramedic, treating the athlete as a result of the incident.

2.2.5. Only a qualified medical practitioner can diagnose concussion. Therefore;

2.2.5.1. If any concussion symptoms are present, the athlete will immediately be referred for further assessment by a qualified medical practitioner.

2.2.5.2. If no concussion symptoms are present, the athlete will be referred for further assessment by a qualified medical practitioner, the day of incident.

2.3. Return to play or training:

2.3.1. If a concussion is excluded after a full assessment by a qualified medical practitioner, the athlete can return to usual training or play, but must be regularly monitored by a club representative with a current First Aid certificate for delayed presentation of symptoms of concussion.

2.3.2. An athlete diagnosed with concussion by a qualified medical practitioner, must present a medical clearance to Mandurah Basketball Association Inc. issued by a qualified medical practitioner, prior to returning to training or play.

2.3.2.1. This may include a Graded return to play as specified by Australian Sports Commission Return to Sport protocol, where each stage takes 24 hours to complete. The standard Graded return to play process is as follows:

2.3.2.1.1. No return to play with at least 24 hours of relative rest.

2.3.2.1.2. Light aerobic exercise and eased basketball skills such as free throws and shooting.

2.3.2.1.3. Light training for a limited time with no body contact.

2.3.2.1.4. Full scrimmage.

2.3.2.1.5. Return to play.

2.3.2.1.6. Any return or presence of concussion symptoms requires a return to the previous level of activity for a further 24 hour period.

2.3.2.2. If symptoms continue for more than three (3) weeks, the athlete should consult with a qualified medical practitioner for referral to a neurologist and/or further neurological assessment.

3. Injury:

3.1. Definition:

3.1.1. There are categorised definitions provided with the Australian Institute of Sport pertaining to Injury. They are as follows:

3.1.1.1. Medical attention injury – Tissue damage or other derangement of normal physical function due to participation in sports, resulting from rapid repetitive transfer of kinetic energy that results in an athlete receiving medical attention.



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- 3.1.1.2. Sports-incapacity (time-loss) injury – Tissue damage or other derangement of normal physical function due to participation in sports, resulting from repetitive transfer of kinetic energy that results in an athlete being unable to complete current or future training session or competition.
- 3.1.1.3. Athlete self-reported injury – A sensation of pain, discomfort, or loss of functioning associated, by an athlete, as related to exposure to sports training or competition having an intensity and quality that leads to the sensation being interpreted by the athlete as discordant with normal body functioning.
- 3.1.1.4. Subsequent injury – An injury that occurs following the occurrence of a previous injury.
- 3.1.1.5. Recurrent injury – An injury that occurs after an injury that is of the same type and to the same body site.

3.2. Management of athlete injury:

- 3.2.1. Athletes have a responsibility to self-report any injuries of the above mentioned categories to their Team Manager and Coach.
- 3.2.2. Should an injury occur as a result of scheduled training or game events, a club representative with a current First Aid certificate should review and administer appropriate First Aid initiatives.

3.3. Return to play or training:

- 3.3.1. For any injury of the above mentioned categories, that causes training or game time-loss participation, and that requires assessment, review or treatment by a qualified medical practitioner or supplementary practitioner (ie. Physiotherapist), the athlete must present a medical clearance to Mandurah Basketball Association Inc. issued by the treating practitioner prior to returning to unlimited training or play.
- 3.3.2. For any injury of the above mentioned categories, that causes training or game time-loss participation, and that requires ongoing review or treatment by a qualified medical practitioner or supplementary practitioner (ie. Physiotherapist), the athlete must present to Mandurah Basketball Association Inc. either:
 - 3.3.2.1. A recovery plan detailing the incremental stages of expected recovery and ongoing limitations to full participation, or
 - 3.3.2.2. An injury management plan that details athlete injury maintenance requirements for full participation.
 - 3.3.2.2.1. Plans stated in 3.3.2.1. and 3.3.2.2. must be provided by the athlete within two (2) weeks of the injury occurrence or interference of full participation, and be signed by the treating practitioner.

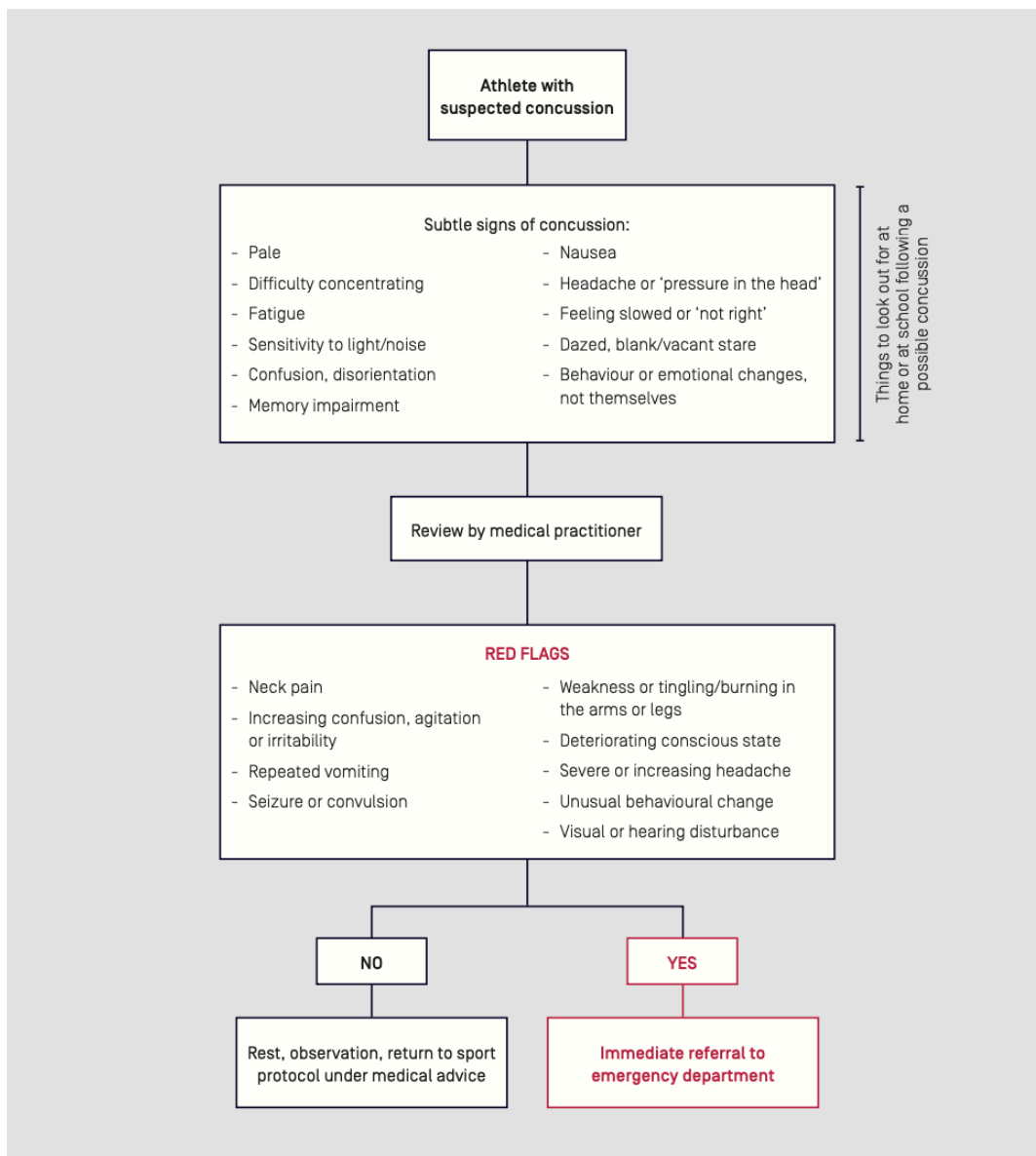
4.0. Policy endurance:

- 4.1. Basketball Western Australia (BWA) written direction and position relating to concussion takes precedence over this policy.

5.0. Appendices

5.1. Concussion management flow chart – off field (sourced from the *Concussion in Sport*, Australian Sports Commission website).

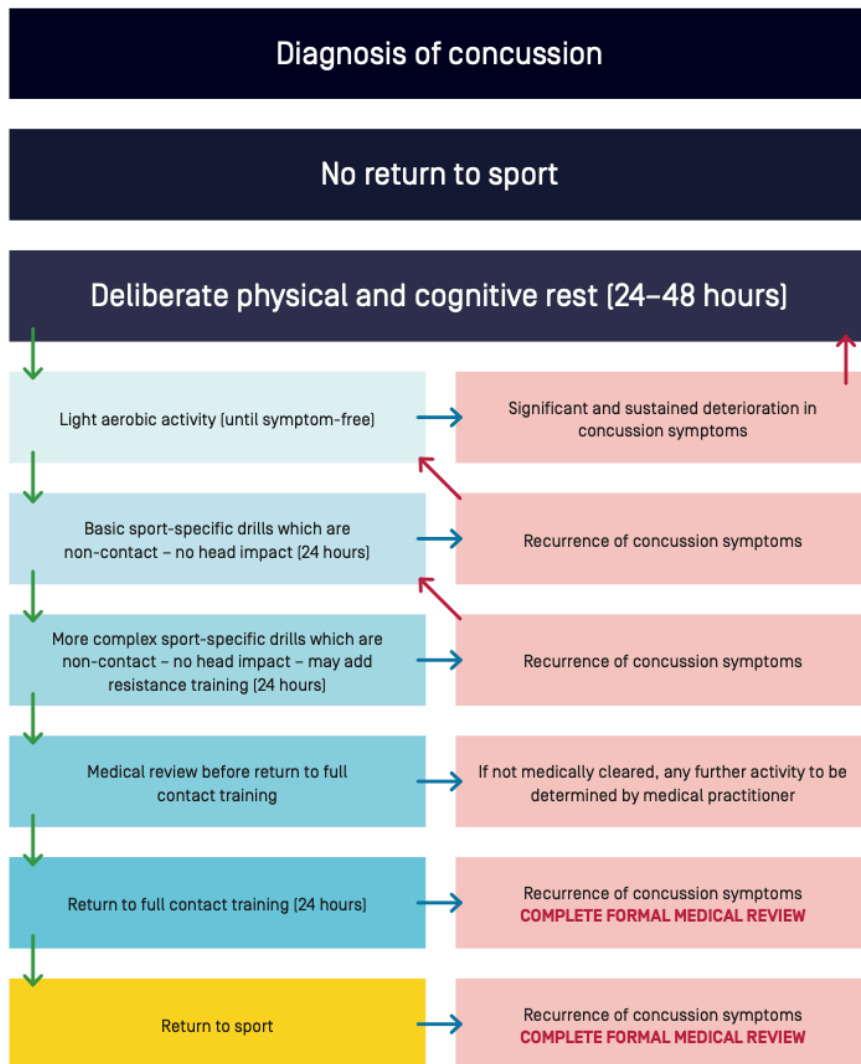
Concussion in Sport Australia
Concussion management flow chart – **off field**
(for parents, coaches, teachers, team-mates, support staff)



5.2. Graded return to play (sourced from the *Return to Play protocols, Australian Sports Commission website*).

Concussion in Sport Australia

Return to Sport Protocol for **adults** over 18 years of age



ASC26164



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5.3. Incident – Concussion assessment record (Mandurah Basketball Association Inc.)

ATHLETE NAME			
INCIDENT DATE		INCIDENT TIME	
INCIDENT LOCATION			<input type="checkbox"/> GAME <input type="checkbox"/> TRAINING
DID THE ATHLETE LOSE CONSCIOUSNESS?		<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> Unsure	
BRIEF DESCRIPTION OF INCIDENT			

ATHLETE REFERRED TO A MEDICAL PRACTITIONER			
Time		Facility	
Diagnosis			
MBA representative			



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ASSESSMENT ____	Time:
Is the athlete:	Yes
Pale	
Having difficulty concentrating	
Fatigued	
Sensitive to light or noise	
Confusion, disorientation	
Experiencing memory impairment	
Nauseous	
Experiencing headache or head pressure	
Feeling slowed or 'not right'	
Dazed, blank/vacant stare	
Experiencing behaviour or emotional changes	
SEEK IMMEDIATE MEDICAL ATTENTION IF ANY SYMPTOMS PRESENT	
Assessment conducted by	

ASSESSMENT ____	Time:
Is the athlete:	Yes
Pale	
Having difficulty concentrating	
Fatigued	
Sensitive to light or noise	
Confusion, disorientation	
Experiencing memory impairment	
Nauseous	
Experiencing headache or head pressure	
Feeling slowed or 'not right'	
Dazed, blank/vacant stare	
Experiencing behaviour or emotional changes	
SEEK IMMEDIATE MEDICAL ATTENTION IF ANY SYMPTOMS PRESENT	
Assessment conducted by	

ASSESSMENT ____	Time:
Is the athlete:	Yes
Pale	
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Sensitive to light or noise	
Confusion, disorientation	
Experiencing memory impairment	
Nauseous	
Experiencing headache or head pressure	
Feeling slowed or 'not right'	
Dazed, blank/vacant stare	
Experiencing behaviour or emotional changes	
SEEK IMMEDIATE MEDICAL ATTENTION IF ANY SYMPTOMS PRESENT	
Assessment conducted by	

ASSESSMENT ____	Time:
Is the athlete:	Yes
Pale	
Having difficulty concentrating	
Fatigued	
Sensitive to light or noise	
Confusion, disorientation	
Experiencing memory impairment	
Nauseous	
Experiencing headache or head pressure	
Feeling slowed or 'not right'	
Dazed, blank/vacant stare	
Experiencing behaviour or emotional changes	
SEEK IMMEDIATE MEDICAL ATTENTION IF ANY SYMPTOMS PRESENT	
Assessment conducted by	

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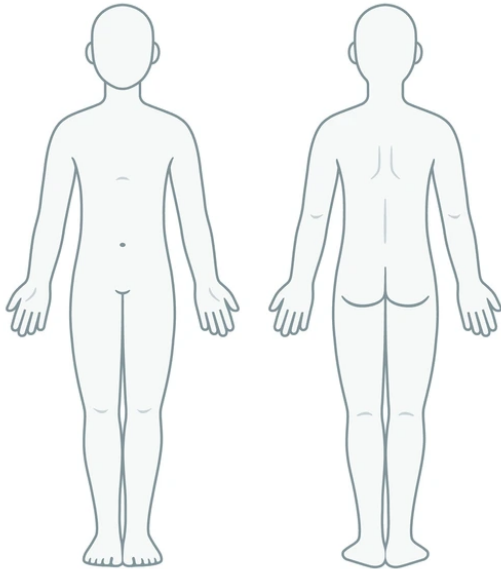


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5.4. Incident – NBL1 Injury report (Mandurah Basketball Association Inc.)

ATHLETE NAME			
INCIDENT DATE		INCIDENT TIME	
INCIDENT LOCATION			<input type="checkbox"/> GAME <input type="checkbox"/> TRAINING
BRIEF DESCRIPTION OF INCIDENT			

<p>PRESENTATION</p> <p><input type="checkbox"/> New injury <input type="checkbox"/> Aggravated injury <input type="checkbox"/> Recurrent injury</p>	<p>BODY PARTS INJURED</p> 
<p>DESCRIPTION OF INJURY</p> <p><input type="checkbox"/> Bleeding <input type="checkbox"/> Open wound <input type="checkbox"/> Inflammation <input type="checkbox"/> Loss of function <input type="checkbox"/> Pain <input type="checkbox"/> Other _____</p>	

ATHLETE REFERRED TO A MEDICAL PRACTITIONER			
Time		Facility	
Diagnosis			
MBA representative			



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