



**Emerge stronger, smarter and more powerful with a Phoenix Netball Team.**

**A place where NETBALL is not just about the Game but everthing you GAIN from it!**

## 🌀 Netball & Concussion: Stay Safe, Play Smart 🌀

At Phoenix Netball Club, we are committed to ensuring the safety and well-being of our players and umpires. We follow the guidelines and policies of Netball Australia and Netball NSW to provide a safe playing environment for everyone.

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### What is a Concussion?

A concussion is an **injury to the brain** caused by an impact to the head or body. Even if symptoms seem mild, complications can occur. Every concussion must be taken seriously.

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### 🚨 Key Principles: Caution First 🚨

- ✅ Any player suspected of having a concussion must be **removed from play immediately** and assessed by a healthcare professional.
- ✅ A **cautious and conservative approach** is essential for safety.

Everyone—including **coaches, managers, parents/guardians, teammates, and medical staff**—**shares responsibility** for recognising and managing concussion.

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### Initial Management: The 3 R's

1. **Recognise** a suspected concussion
  2. **Remove** the player from play
  3. **Refer** the player for medical assessment
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***"Any player who has suffered a concussion or a suspected concussion must not be allowed to return to play in the same match or training session"***

*Guidelines for the management of sports related concussion in Netball, Netball Australia*

## **Signs & Symptoms of Concussion:**

Look out for **any of the following:**

- Headache
  - 'Pressure in head'
  - Neck pain
  - Nausea or vomiting
  - Dizziness
  - Blurred vision
  - Sensitivity to light
  - Sensitivity to noise
  - Balance problems
  - Fatigue or low energy
  - Drowsiness
  - Feeling slowed down
  - Feeling 'like in a fog'
  - 'Don't feel right'
  - Difficulty concentrating
  - Difficulty remembering
  - Nervous or anxious
  - More emotional
  - More irritable
  - Sadness
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## **Returning to Sport**

Returning to play after concussion follows a **step-by-step process**.

 The player must be **symptom-free and cleared by a healthcare professional before contact or competition**.

 Refer to the **Graded Return to Sport Framework** (as shown below) for guidance:

 **Never return to play on the same day as a suspected concussion.**

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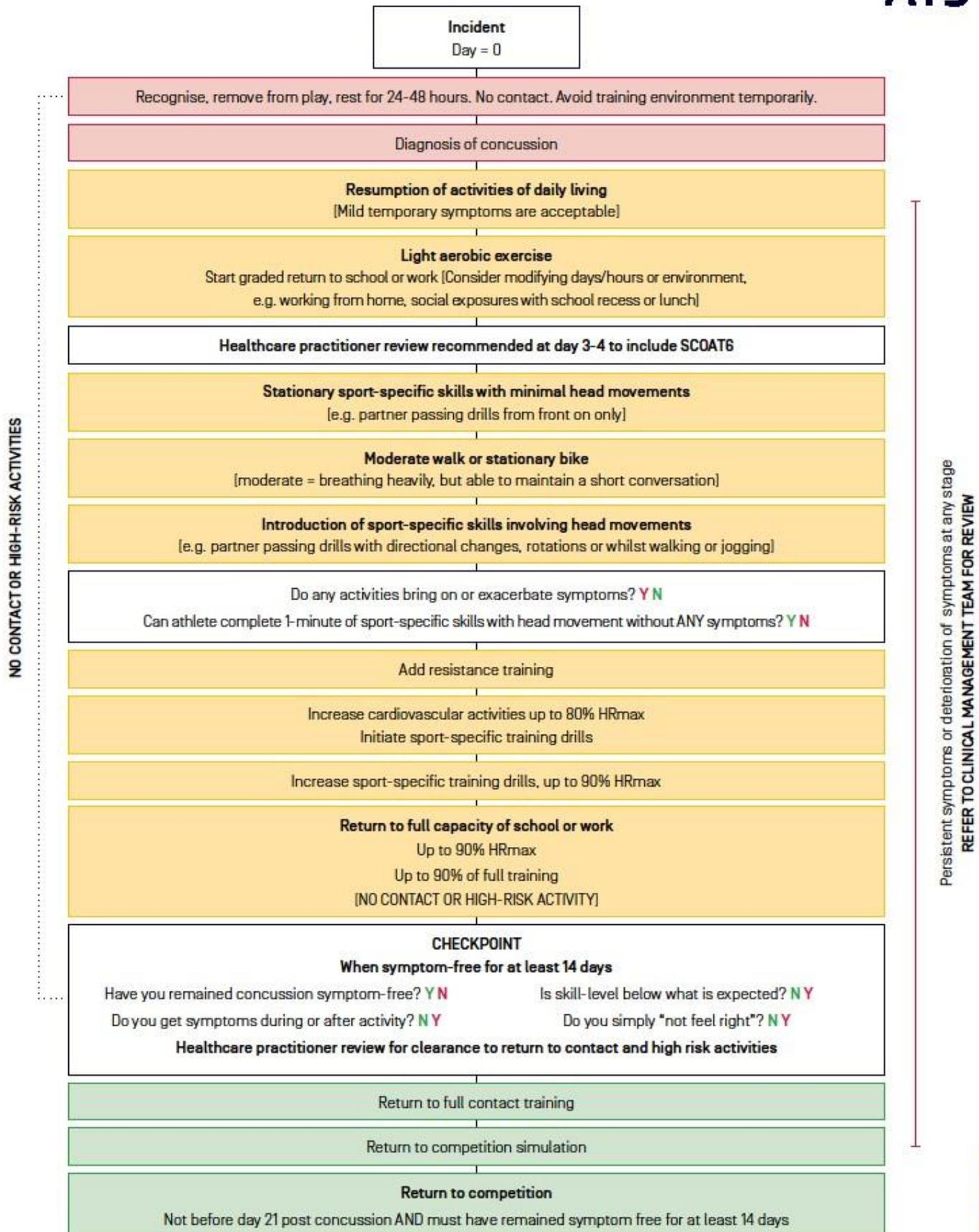
**For full guidelines, talk to your coach, manager, or visit Netball NSW Policies.**

<https://nsw.netball.com.au/policies>

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# GRADED RETURN TO SPORT FRAMEWORK

Each stage, highlighted in orange or green below, should be at least 24 hours and symptoms should return to baseline prior to commencing the next activity or stage.



Some high-performance athletes may have access to appropriately trained Healthcare Practitioners experienced in multi system concussion rehabilitation. These athletes may be cleared earlier if their sports concussion protocol allows.



## **Acknowledgement & Return Slip**

I confirm that I have read and understood the information provided in this flyer. I acknowledge that Phoenix Netball is responsible for ensuring the safety and wellbeing of its players, including managing the risks and procedures related to concussions, in line with Netball NSW Policies.

By signing below, I agree to support and comply with these guidelines and responsibilities.

**Team:** \_\_\_\_\_

**Name (please print):** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Child's name (if under 18):** \_\_\_\_\_

**Child's Signature (if under 18):** \_\_\_\_\_

**Date:** \_\_\_\_\_

 **Please return this signed slip to your team manager/coach by Sat. 17 May 2025.**