



Softball Australia Concussion Policy

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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:

<https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097508CRT5.full.pdf>.

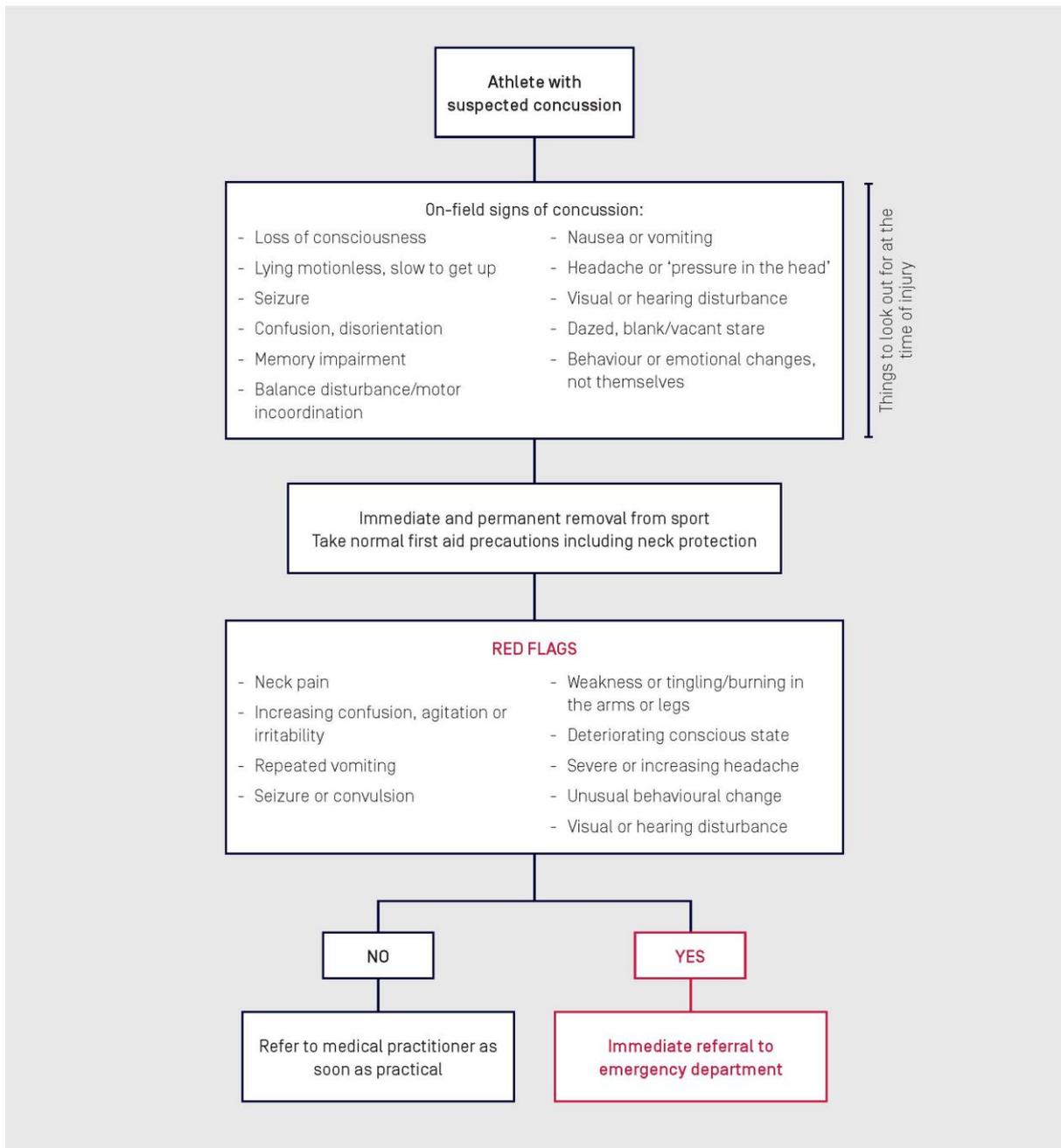
4 Concussion Management

- 4.1 **Concussion management flow chart – on field**

Concussion in Sport Australia

Concussion management flow chart – **on field**

[for parents, coaches, teachers, team-mates, support staff]

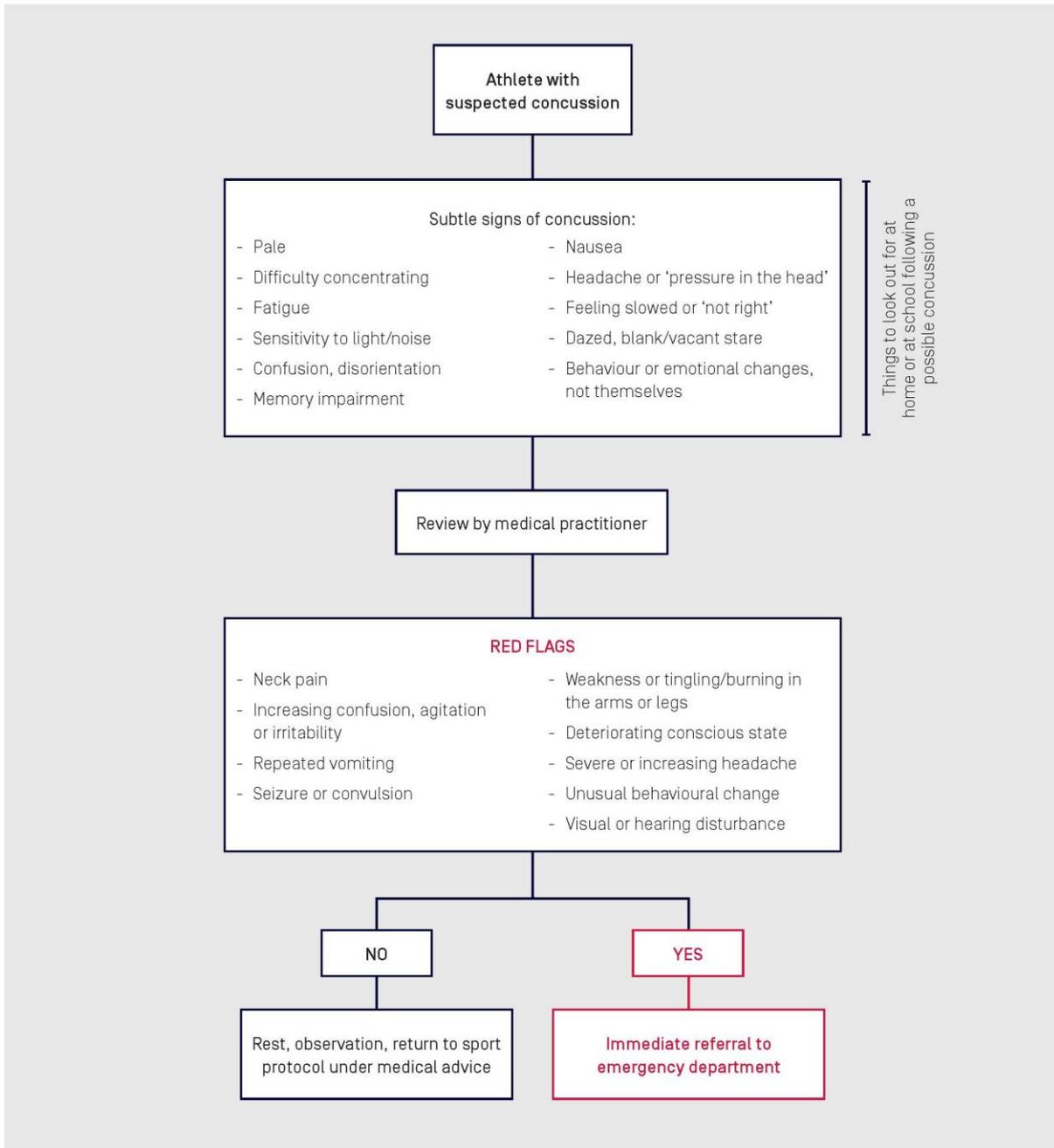


4.2 Concussion management flow chart – off field

Concussion in Sport Australia

Concussion management flow chart – **off field**

[for parents, coaches, teachers, team-mates, support staff]



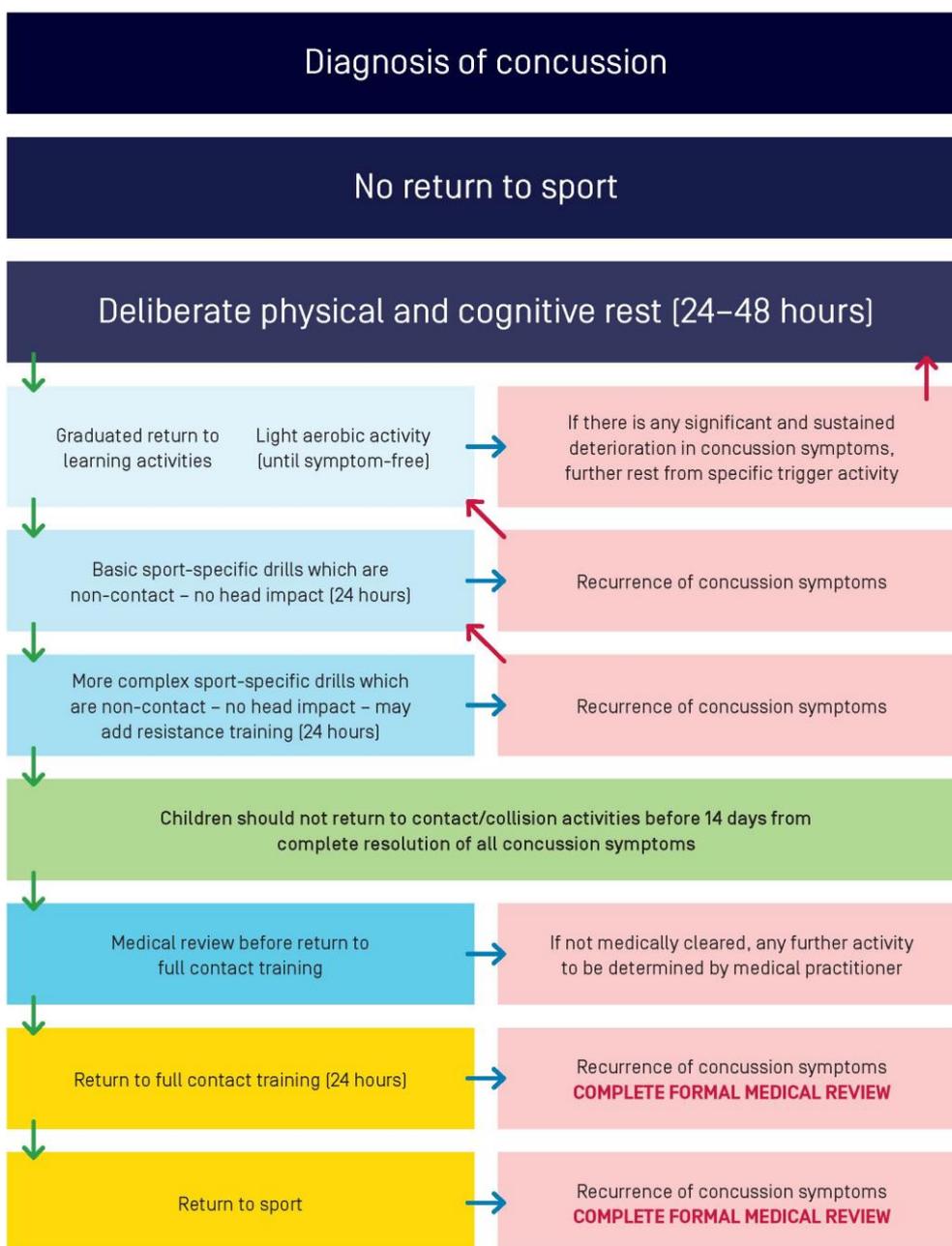


5 Concussion Protocol

5.1 AIS Concussion Protocol Under 18

Concussion in Sport Australia

Return to Sport Protocol for **children** 18 years of age and under



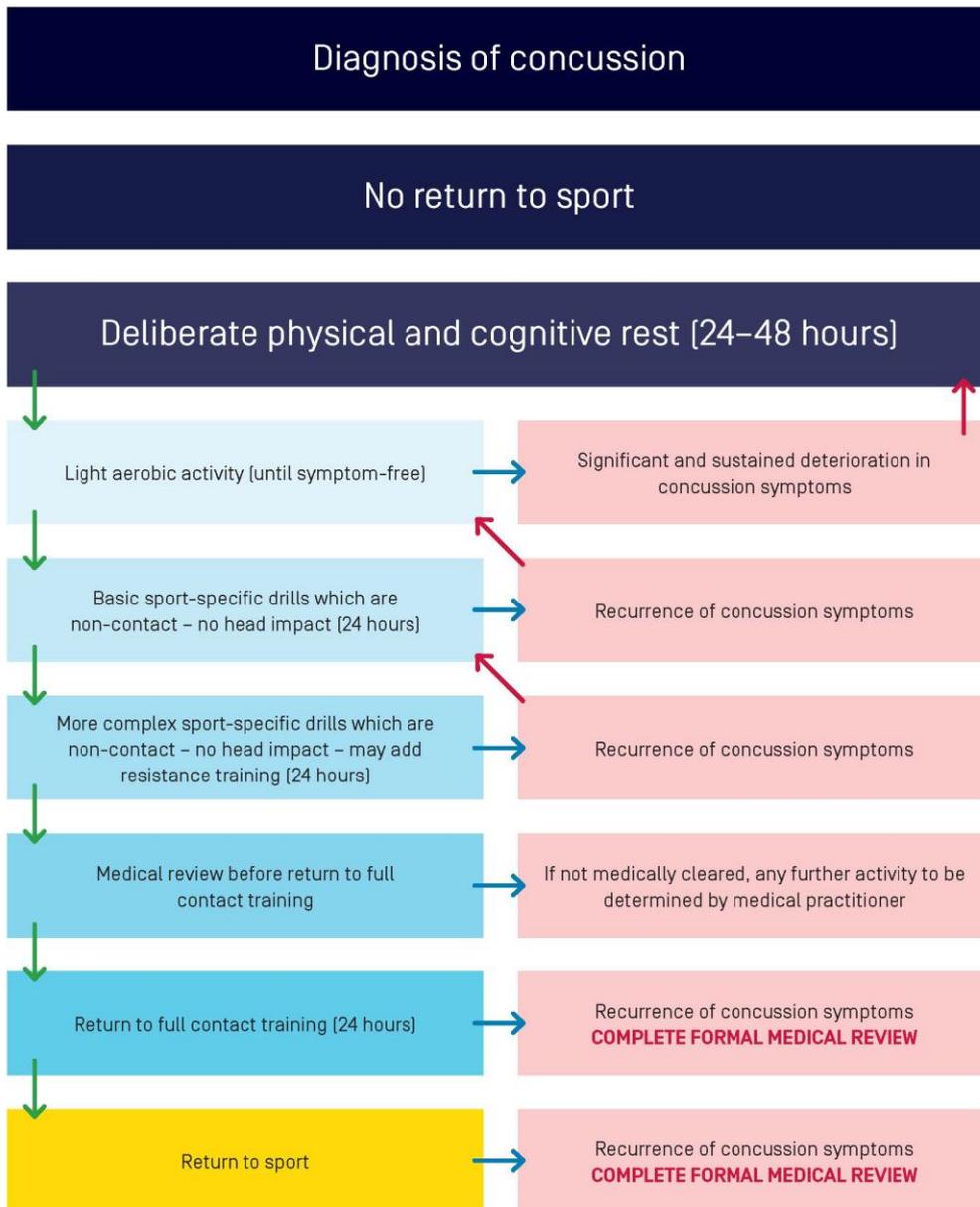
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5.2 AIS Concussion Protocol Adults Over Age 18

Concussion in Sport Australia

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



ASC20154



Document control

Ownership and Approval	
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Version History				
Version	Release Date	Amendment Summary	Author	Approval
Final	16/12/2016	Policy created; verified and checked through Sports Medicine Australia	National Events Coordinator	Board
V2	May 2019	Updated SA to Softball Australia	Governance Committee	Board
		Annexure 1 – Graduated Return to Play Program included		
V3	17 March 2020	Updated address details on front page	Helen Davis	Chris Heron
V4	May 2021	Updated with AIS, AMA, ACSEP and SMA guidelines and protocols	Bron Parry	Board

Publishing			
Version	Published date	Published by	Published in
V2	5 July 2019	Helen Davis	Website
V3	March 2020	Helen Davis	Website
V4	May 2021	Georgie Davie	Website