

DIAMOND VALLEY BASKETBALL ASSOCIATION

CONCUSSION GUIDELINES

Concussion in Junior Domestic Basketball

What Parents Need to Know

If in doubt, sit them out.

At Diamond Valley Basketball Association (DVBA), player safety comes first.

Concussion is a brain injury and must be taken seriously. It can happen from a bump, collision, fall, or impact to the head or body, even if it seems minor. Symptoms can appear immediately or develop over the next 24–48 hours.

Common Signs of Concussion

A player may have concussion if they experience:

-  **Headache or pressure in the head**
-  **Dizziness or balance issues**
-  **Nausea or vomiting**
-  **Fatigue or drowsiness**
-  **Confusion or memory issues**
-  **Behaviour or emotional changes**
-  **Blurred vision or sensitivity to light or noise**

Symptoms can sometimes be subtle or delayed, which is why ongoing monitoring is important.

What Happens at the Stadium?

If a player is suspected of having concussion:

-  They should be **removed from play immediately**
-  They **should not return to play or training that day**
-  Parents or guardians should be notified by the club representative.

DVBA staff, referees, supervisors and club coaches are not medical professionals and cannot diagnose concussion.

Their role, along with coaches and parents, is to:

- ✓ Identify any potential signs of concussion
- ✓ Remove the player from participation
- ✓ Notify parents or guardians

This aligns with the Australian Institute of Sport's concussion guidelines for community sport.

Parent Responsibility

Once your child has been removed from play, the responsibility shifts to you.

It is your responsibility to:

- ✓ Arrange assessment by a doctor or healthcare practitioner
- ✓ Monitor symptoms over the next 24–48 hours
- ✓ Follow all medical advice
- ✓ Inform your club if concussion is confirmed
- ✓ Ensure your child does not return until medically cleared

Neither DVBA nor clubs can provide medical clearance to return.

Shared Responsibility Across All Sport

It is important to understand that there is no central system or mechanism for clubs, DVBA or sporting associations to track concussion incidents across different sports, schools or activities.

This means a player could be removed for concussion in basketball and still participate elsewhere unless parents or guardians disclose it.

For this reason, the responsibility sits with **parents and guardians** to:

- ✓ Inform all relevant clubs, teams and schools
- ✓ Follow medical advice across all sporting activities
- ✓ Ensure recovery timelines are respected
- ✓ Prevent early return to any contact sport

A concussion in one sport is a concussion in all sport.

Important Return to Play Rules

Under the AIS Community Sport Guidelines:

-  Minimum **21 days** before return to competitive sport
-  Minimum **14 symptom-free days** before returning to contact training
-  Medical clearance required before full return

This is especially important for athletes under 19 years of age.

Medical Clearance Process

Before a player can return to training or games with their club, the following steps must be completed:

- ✓ Obtain written medical clearance from a registered medical practitioner confirming the player is fit to return to basketball/sport.
- ✓ Provide the medical clearance to your club's nominated representative (e.g. Team Manager, Club Secretary or Junior Coordinator).

Red Flags – Seek Emergency Care Immediately

Go straight to hospital if your child has:

- 🚨 Repeated vomiting
- 🚨 Severe or worsening headache
- 🚨 Loss of consciousness
- 🚨 Seizure
- 🚨 Neck pain
- 🚨 Increasing confusion or agitation
- 🚨 Weakness, numbness or vision issues

Remember

Concussion management is a shared responsibility.

Club coaches can report concerns.

Parents must follow through.

Doctors provide clearance.

Protect the brain. Protect the player.

DVBA recommends all parents refer directly to the Australian Sports Commission and AIS Concussion Guidelines for the most up-to-date advice and recovery protocols.

Full guidelines: https://www.ais.gov.au/position_statements/concussion

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