

Community Cricket Concussion Guidelines - FAQ

CONCUSSION & HEAD TRAUMA GUIDELINES FOR COMMUNITY CRICKET

The Guidelines have been developed to support community cricket competitions, clubs, players, parents, coaches, umpires and other stakeholders on how to assess and manage any participant who has suffered, or is suspected of suffering, a concussion.

The Guidelines include recommendations around the wearing of protective equipment, managing suspected or presumed concussions after a blow to the head or neck, and a Graded Return to Play (G RTP) framework.

WHY ARE THE GUIDELINES NEEDED?

The Guidelines are needed to ensure that community cricket collectively prioritises the continued health and safety of our participants, by taking a conservative approach to the management of concussion and head trauma in community cricket. Developing these at a national level ensures that the evidence and knowledge used to build elite policies can be equally applied at the community level.

WHAT IS A CONCUSSION?

A concussion is a disturbance in brain function resulting from a trauma transmitted to the brain. This can be from a direct or indirect blow. You do not need to have lost consciousness to have suffered a concussion.

WHAT ARE THE COMMON SYMPTOMS OF A CONCUSSION?

The symptoms of concussion can vary from injury to injury, but include:

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

WHAT ACTION SHOULD BE TAKEN IF A CONCUSSION IS PRESUMED OR SUSPECTED THROUGH THE PRESENCE OF SYMPTOMS?

Any player or official that has a suspected concussion should be immediately removed from the training and playing environment. They should also not take part in any activity that puts themselves or others at risk (such as driving a vehicle). It is important that they not return to the training or playing environment on the same day without the provision of medical clearance. It is important that any person with a suspected concussion be assessed by a qualified medical doctor.

WHAT ACTION SHOULD BE TAKEN IF A PLAYER OR OFFICIAL HAS A CONFIRMED CONCUSSION?

It is important that anyone who has a confirmed concussion follows the Graded Return to Play framework as appropriate for their age. Those players and officials should only return to play or train once cleared by a qualified medical doctor, no earlier than:

- 13 days from the concussion incident for adult players/umpires; and
- 14 days from the date the player became symptom-free for junior players