



Concussion in Sport – The Latest Guidelines

What is Concussion?

“Concussion is a brain injury caused by a knock to the head or anywhere on the body, where the force is transmitted to the head. It can also be caused by a fall. Concussion involves temporary neurological impairment. The symptoms may evolve over the hours or days following the injury. While all concussions should be assessed by a doctor, most will resolve without the need for specific treatment. A short period (24-48 hours) of relative rest, followed by gradual return to activity is the main treatment. All concussion is serious.”

Source: Australian Sports Commission, *Concussion in Sport Australia*

Resources for Parents, Teachers, Coaches and Students

These resources have been developed to help identify and manage concussion in sport. Children and adolescents may take longer to recover from concussion and should have a more cautious approach plan for returning to study and play. The official recommendation is that students should be symptom free for 14 days and not return to full competitive sport for a minimum of 21 days.

Online Course for Parents and Students

We encourage all parents and students to [take this short course to learn more about concussion](#).

For more detailed information please visit the [Concussion in Sport website](#) from the Australian Sports Commission.

Headcheck App

Good resources and information are available via the Headcheck App and [website](#).

Local providers

If you need to find a local specialist near SCEGGS, these facilities have supported SCEGGS students in the past.

- [Sydney Concussion Centre](#)
- [The Sports Clinic at Sydney University](#)
- [The Stadium Clinic at Moore Park](#)
- [St Vincent's Hospital](#)