



Concussion Policy



Team Buller Riders (TBR)



May 2024

Team Buller Riders (TBR) Concussion Policy.

Introduced: May 2023 Revised: May 2024

While we recognise that concussions cannot be fully prevented, education and training as well as prompt and appropriate management can better protect the health and well-being of our members and athletes, while also potentially reducing the amount of training / competition missed due to concussion.

As such, **TBR** has partnered with Snow Australia & Complete Concussions, a leading concussion care and research organisation, to develop and implement an evidence-based concussion policy.

The Australian Institute of Sport, in collaboration with New Zealand and the United Kingdom, in February 2024 released its new Youth and Community Sport Guidelines for Concussion in Sport. The Youth and Community Sport Guidelines, which form part of the updated Australian Institute of Sport (AIS) Concussion and Brain Health Position Statement, have been unveiled in time for the beginning of the Australian Winter in 2024, and are reflected in this policy.

TBR, along with Snow Australia formally endorse the Youth and Community Sport Guidelines for Concussion in Sport, with the aim of providing our members with the safest environment possible to train and compete in their chosen Snowsport.

Key updates from the Community and Youth Guidelines:

- Extending the mandatory minimum standdown period following an incidence of sport-related concussion to 21 days from the time of concussion until returning to competitive contact sport.
- Expanding the existing advice for children aged 19 and under to be symptom free for 14 days prior to returning to contact training to also apply to all incidences of community sport related concussion.

TBR CONCUSSION OFFICER

TBR Coach & Program Development Manager Scott Birrell scott@teambuller.com 0409 173 519

POLICY

All athletes 14 years of age or older participating in TBR's All-Mountain, Mogul, Slopestyle and Snowboard programs are required to complete a comprehensive pre-season baseline test through any Complete Concussions clinic prior to participation in any training or competition.

For any athlete aged 13 and younger participating in TBR's Grom and Snowboard programs, comprehensive pre-season baseline testing is highly recommended.

- A. Baseline tests are valid for 1 calendar year. Athletes must present proof of completion of a baseline test that will remain valid throughout the upcoming season. If your baseline test is set to expire during the season, you may be required to take a re-test to ensure validity throughout the season.
- B. To find a location in your area please visit <https://clinics.completeconcussions.com/> and contact them to register your team or athlete for baseline testing.

EDUCATION

Concussion Sideline Course

All Coaches and Program Staff must complete the Complete Concussions Sideline Course and download the accompanying Concussion Tracker Smartphone Application.

Parents can also complete the sideline course

<https://completeconcussions.com/course/concussion-sideline-course/>

Coupon Code: **snowaus** (Usual cost \$14.99)

Concussion Recognition Tool



The Concussion Recognition Tool 6 (CRT6) is to be used by non-medically trained individuals for the identification and immediate management of suspected concussion. It is not used to diagnose a concussion. All coaches, parents and administrators should familiarise themselves with the CRT6.

<https://sma.org.au/wp-content/uploads/2023/07/Concussion-Recognition-Tool-CRT6.pdf>

SUSPICION OF CONCUSSION: RECOGNISE, REMOVE & REPORT

If a concussion is suspected, whether occurring as a part of TBR training or otherwise, the athlete is to be removed immediately from all training and/or competition and not permitted to return until cleared by a Health Care Professional with experience & training in managing concussions (such as a [Complete Concussions practitioner](#)).

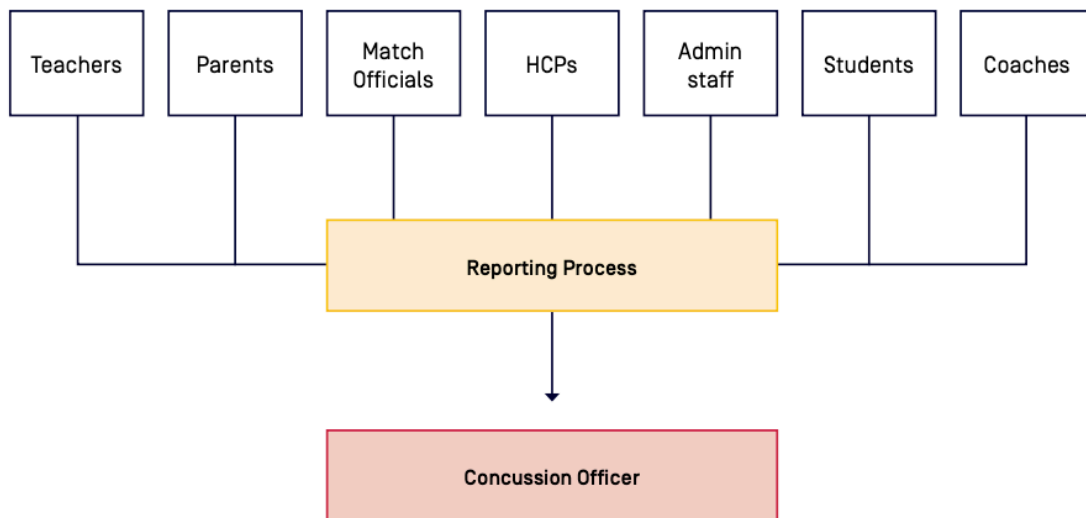
Suspected concussions occurring during any TBR training or competitions must be reported through the Concussion Tracker app by a coach/program staff member.

Documentation must be sent to TBR Concussion Officer Scott Birrell via email scott@teambuller.com

REPORTING

Community and youth sport varies greatly from professional sport. The number of medically trained professionals involved in club sport is much less. As such, we all have a role to play in the reporting of suspected concussions.

Figure 1 – System for Reporting Suspected Concussion Incidents



Reference: Australian Concussion Guidelines for Youth & Community Sport, February 2024

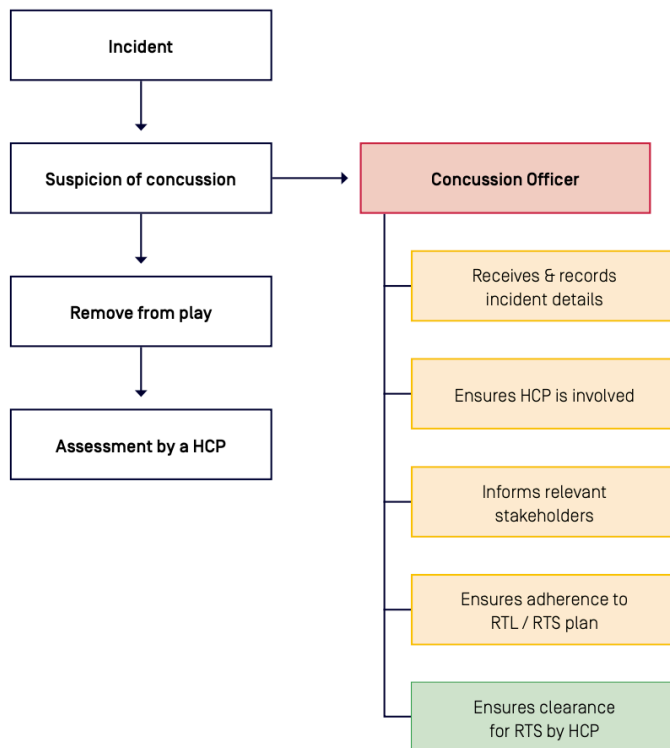
REFER & REVIEW

Once removed from play, all suspected concussions are to be referred a Health Care Professional with specialised training in concussion or make an appointment at the nearest Complete Concussions clinic (<https://clinics.completeconcussions.com/>) as soon as possible to receive appropriate care.

- Ideally, this would happen on the same day as the incident, or within the first 24 hours.
- If any red flags are suspected (as per the CRT6) the athlete should immediately visit the nearest emergency department.
- Where possible, suspected concussions will be given a sideline incident referral form (appendix 1) to take with them to their health care professional.

To note: A doctor, who was not there at the time cannot exclude concussion after the event without sufficient objective information. Retrospective exclusion of concussion by 'helpful' doctors is not best practice and does not have the athletes' best interests at heart.

Figure 2 – System for initial management of suspected concussions



Reference: Australian Concussion Guidelines for Youth & Community Sport, February 2024

REHABILITATION & GRADED RETURN TO SPORT (GRTS)

If a concussion is to be diagnosed, the appropriate, evidence-based management for returning a concussed athlete back to sport and other high-risk activity is done in a closely supervised manner. This process is led and managed by a **healthcare professional with training and experience in the management of sport related concussions**.

Parents and Coaches are not responsible for undertaking a return to sport plan or process with an athlete following a concussion, or making return to sport decisions about an athlete or child.

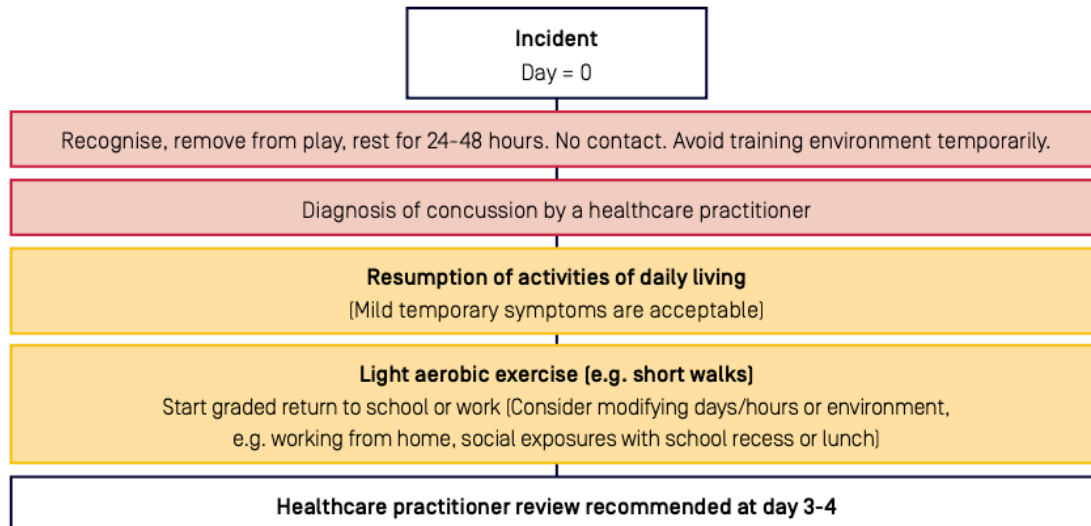
If symptoms increase at any of the following stages, the athlete is to drop back to the previous stage for a period of 24 hours prior to attempting the next stage again.

Note: Each box below is not reflective of one day. Some people may be encouraged to complete several days of each block by their healthcare practitioner. Rehabilitation from concussion is individualised and should not be taken as a blanket protocol.

Following a concussion, an athlete is not to return to competition before a minimum period of 21 days following the injury and 14 days symptom-free (day of injury being day 0). This is in line with current best practice and recommendations from the Australian Institute of Sport.

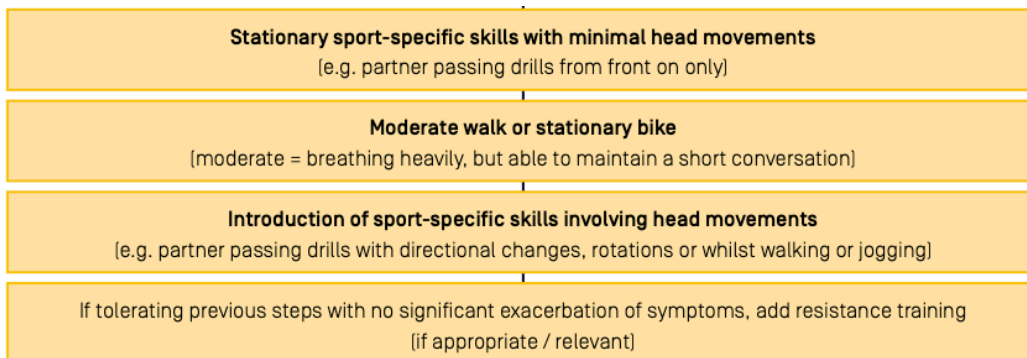
GRTS Initial Stages:

- Review by Healthcare Professional (HCP) for accurate diagnosis
- Rest, recovery, and light aerobic activity.
- Review again by HCP after 3-4 days to monitor and prescribe progressions



GRTS Early Stages: Moderate Aerobic Exercise & Light Sport Specific Drills

- Example: 30 mins steady heart rate activity
 - The first 15 minutes at low intensity, the next 15 minutes at higher intensity
- Introduction of moderate gym and resistance training guided by healthcare professional
- The cold winter environment is an additional stressor. Outdoor activity such as walking, running, or cycling can be incorporated into these stages



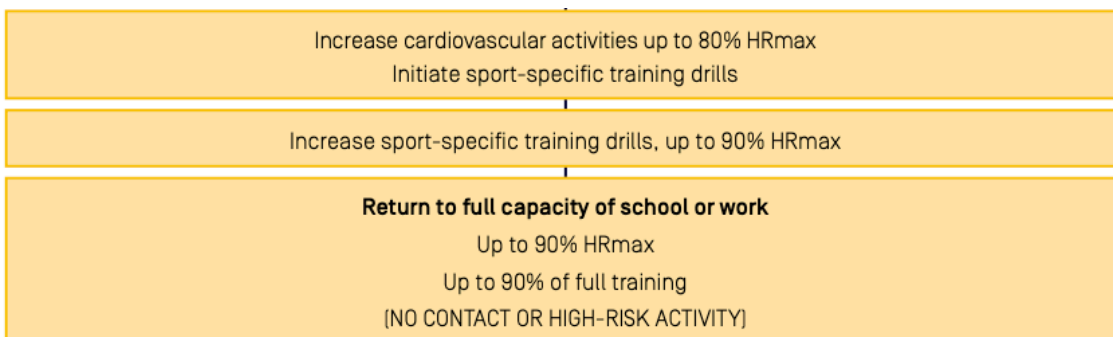
GRTS Mid Stages: Sport-specific functional activities

- A dry land battery of sport-specific tasks includes activities such as rolling, jumping, landings, hopping
- These can be modified to best replicate the demands of each discipline. Some suggestions include:
 - Jumps forwards (continuous)
 - Jumps backwards
 - Hops forward each leg
 - Hops backwards each leg
 - Skater hops each leg
 - Crossover hops each leg
 - Double leg landings
 - Drop jumps
 - Single leg landings each leg
 - Landing drills with ¼ turn to each side
 - Balance drills – eyes open and closed
 - Handstands, Rolls
- More intense aerobic conditioning and introduction of resistance training can occur as guided by your HCP
- This interval type training work leads to variable higher levels of intracranial pressure, as well as challenging coordination, balance, and cognitive function

GRTS Mid Stages: Non-contact, low-impact, sport specific on-snow training

Your HCP will be creative in designing a logical progression relevant to your sport:

- Mogul skiing: Ski flats, smooth easy bottom sections
- Grom/All-Mtn/Freeski & Snowboard Slopestyle: Skiing/riding flats, dropping in and skiing/riding features but no hits
- Weight training and high intensity interval training (HIIT) can also be resumed under recommendation from your healthcare professional.

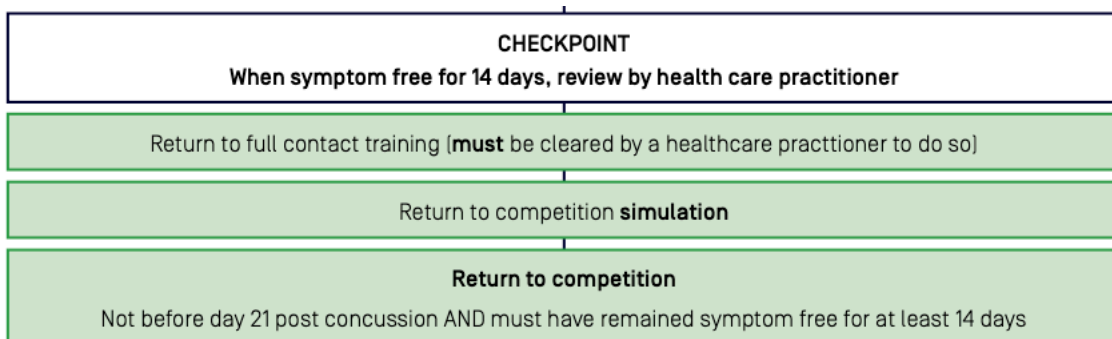


GRTS Late Stage: Full-contact, normal on-snow training

- Medical clearance is required to enter this stage by your HCP
- All athletes must be symptom free for 14 days to enter this stage
- This will include usual practice of jumps, landings, technical maneuvers, tactical responses and potential for falling and/or physical contact with other athletes specific to your sport
- Resumption of usual resistance training intensity

GRTS Final Stage: Unrestricted resumption of competition activities

- Return to full training in club environment
- Gradual exposure to competition scenarios
 - Timed runs, Full gate training, Heats with other skiers/snowboarders, full degree of difficulty for tricks, repeat high intensity efforts
- Full competition scenarios for added psychological stress



COMPLIANCE WITH POLICY

TBR has formed a collaborative partnership with Complete Concussions because they are the leaders in concussion management for community and professional sports associations. All protocols and stages are based on the most current scientific research and this policy has been enacted to help keep our athletes safe. This policy is subject to revisions as new research emerges.

Sincerely,

Tim Gales

Coaching & Performance Director

Team Buller Riders