

CONCUSSION POLICY 'IF IN DOUBT, SIT THEM OUT'



England Netball have developed a Concussion Policy document to provide an evidence-based, best practice guide to assist in the recognition and management of sports-related concussion. It is intended for use not only by the doctors, physiotherapists and other healthcare professionals who may treat players with concussion, but by anyone and everyone involved in netball – including coaches, officials, teachers, parents and players themselves.

Firstly it is important to appreciate the potentially serious nature of concussion and treat it with respect. Although concussion is not as common in netball compared to other contact sports, it does occur – and anyone involved in the game should be familiar with the basic concept of recognising the symptoms and signs of concussion and removing a player from the court if there is any doubt.

England Netball support the 4Rs of concussion management:

**RECOGNISE
REMOVE
RECOVER
RETURN**

For more information please go to www.EnglandNetball.co.uk/governance/safeguarding/safeguarding-policies where you can find our full Concussion Policy, Concussion Recognition Tool, Concussion Assessment 2 and Concussion Assessment 3 documents.