

RECOGNISE

a concussion and remember it may be delayed.



REMOVE

the player from the court of play/training.



REFER

to a medical doctor for an assessment.



REST

until symptom free or there are minimal symptoms for 24 hours or 48 hours if under 18.



RECOVER

and receive treatment from a concussion specialist. Progress through a Return to Play Programme. Like all injuries recovery takes time. Progress is graduated. Spend 24 to 48 hours at each level. Progression is dependent on having no or minimal concussive symptoms.



RETURN

to the medical doctor for clearance and

RETURN to full training/game.



CONCUSSION ON COURT: Management Guide

Concussion is like all other injuries.
It is just hard to see concussion.

And like other injuries, concussion needs a Return to Play (RTP) programme before a player returns to the court to play Netball (training or game).

**Be NetballSmart
about Concussion.**

Be NetballSmart about Concussion: Management Guide

Modified Maddocks Questions

Questions to ask if a player may have suffered a concussion.

"I am going to ask you a few questions. Listen carefully and answer to the best of your knowledge."

- 1) What venue are we playing at today?
- 2) Which quarter is it now?
- 3) What position did you play in the last quarter?
- 4) Which post is your team shooting at in this quarter?
- 5) Did your team win last week?

Score /5

Note: These questions are NOT to diagnose concussion on the sideline. Use them to guide whether a player should be referred to a medical doctor for an accurate concussion assessment. If there is any doubt, remove the player from the game/training, do not let them return to the court/field of play and refer them ASAP.

Graduated Return to Play (RTP) Programme

Spend 24 to 48 hours at each stage with minimal/no symptoms before progressing to the next stage.

Stage	Aim	Activity	Goal of Each Stage
One	Physical and cognitive (mental) rest	Gentle walking or movement with no significant elevation in heart rate. Walking outside for fresh air around home.	Rest and gentle active recovery
Two	Light aerobic exercise. No resistance training.	Walking, stationary cycling or swimming. Slow to medium pace.	Increase heart rate
Three	Netball-specific movement	Individual running programme; change of direction; shooting, jumping and landing.	Adding movement variety
Four	Netball-specific training drills	NetballSmart Dynamic Warm-up. Individual, low-risk, Netball-specific ball drills. No game play. Increase duration and intensity when appropriate. Add light resistance training if appropriate.	Exercise, co-ordination, concentration and return-to-play progression.
MEDICAL CLEARANCE			
Five	Full team practice	Following clearance by a medical doctor - participation in full team training, drills, and game play. Build loading in resistance training as appropriate.	Restore player confidence Coaches to assess player skill level and readiness to return to game play.
Six	Return to Netball	Full-contact training and game play. Progress back to full resistance training over next 4 weeks.	Return to competitive play.