



On 28 April 2023, the Government and the Sport and Recreation Alliance published the first UK-wide Concussion Guidelines for Grassroots Sport which will help all involved in sport to identify and manage concussion.

<http://sramedia.s3.amazonaws.com/media/documents/9ced1e1a-5d3b-4871-9209-bff4b2575b46.pdf>

The guidelines, developed by an expert panel of domestic and international clinicians and academics in neurology and sports medicine, set out steps to improve understanding and awareness of the prevention and treatment of concussion in grassroots sport where trained medical professionals are less likely to be routinely present. It is targeted at people of all ages.

**'If in doubt, sit them out'** is the strapline, making clear no-one should return to sport within 24 hours of a suspected concussion and where a concussion is confirmed following medical assessment the minimum time before return to competition is 21 days.

Everyone involved in our sport, whether as an athlete, coach, volunteer or parent is asked to read the guidance and familiarise themselves with the necessary steps to:

**RECOGNISE** the signs of concussion;

**REMOVE** anyone suspected of being concussed immediately and;

**RETURN** safely to daily activity, education/work and, ultimately, sport on a graduated basis.

### KEY POINTS

- Most people with concussion recover fully with time.
- A concussion is a brain injury.
- All concussions are serious.
- Head injury can be fatal.
- Most concussions occur without loss of consciousness (being 'knocked out').
- Anyone with one or more visible clues, or symptoms of a head injury must be immediately removed from playing or training and must not take part in any further physical sport or work activity, even if symptoms resolve, until assessment by an appropriate Healthcare Professional or by accessing the NHS by calling 111, which should be sought within 24 hours.
- Return to education/work takes priority over return to sport.
- Individuals with concussion should only return to playing sport which risks head injury after having followed a graduated return to activity (education/work) and sport programme.

- All concussions should be managed individually, but there should be no return to competition before 21 days from injury.
- Anyone with symptoms after 28 days should seek medical advice from their GP (which may in turn require specialist referral and review).

1 May 2023