



WAVERLEY
Gymnastics Centre

Concussion Policy

April 2025

Authorisation

Version	Author	Date	Approved By	Approval Date	Review Date
2	WGC	25/02/2025	WGC Committee	TBA	April 2027

1. Purpose

This Waverley Gymnastics Centre (WGC) policy outlines suspected concussion recognition, immediate management, and return to sport. It aims to ensure gymnasts with suspected concussions receive timely and appropriate care and proper management to enable them to return to their sport safely.

2. Scope

This policy is intended for use by all individuals who interact with gymnasts suspected of sustaining a concussion injury.

Individuals may include: the athlete, parents, coaches, officials, and licensed medical professionals.

3. Definitions

Term	Definition
Concussion	Can occur through a collision with another person or object resulting in transient neurological impairment.
Medical Professional	An appropriately qualified medical practitioner which may include: <ul style="list-style-type: none">• Doctor• Paramedic
CRT	Concussion Recognition Tool (<i>to be used by WGC personnel</i>)
WGC personnel	WGC personnel include: <ul style="list-style-type: none">• CEO• Coaches, admin and management staff• Physiotherapists and other contractors

4. Recognising a Concussion

Making a formal diagnosis of concussion is limited to licensed medical professionals following appropriate medical assessment. However, WGC personnel are required to recognise the symptoms of a suspected concussion and report them to the relevant personnel (e.g. parent or guardian, 000).

How to recognise a suspected concussion

RED FLAG SYMPTOMS – DIAL 000 IMMEDIATELY:

- Loss of consciousness
- Neck pain
- Increasing confusion, agitation or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling and/or burning in the arms or legs
- Deteriorating conscious state
- Severe or increasing headache
- Unusual behavioural change
- Double vision
- Amnesia

OBVIOUS SYMPTOMS – Immediate Medical Assessment

- No protective action in fall to ground directly observed/observed on video
- Jerky movements after a knock
- Confusion, disorientation, memory impairment
- Unsteady on feet or balance problems
- Gymnast reports significant new or progressive concussion symptoms
- Dazed or looking blank/vacant
- Changed behaviour – more irritable, agitated, anxious or emotional

For this symptom category, if no on-site medical practitioner is present, the parent/guardian must be contacted to take the gymnast to a medical practitioner to be immediately medically assessed.

SUBTLE SYMPTOMS – Immediate Medical Assessment

- Sensitivity to light or noise
- Headache, neck pain, pressure in the head
- Feeling slowed down or in a fog
- Gymnast reports they 'don't feel right'
- Blurred vision
- Balance problems
- Difficulty concentrating and/or remembering

For this symptom category, if no on-site medical practitioner is present, the parent/guardian must be contacted to take the gymnast to a medical practitioner to be immediately medically assessed.

A concussion should always be suspected when:

- A gymnast sustains a significant impact to the head, neck, face or body and demonstrates or reports any symptoms of a suspected concussion outlined in the [CRT 6 Tool](#).

WGC personnel may also use the FIG developed Maddocks Questions for Gymnastics as part of the assessment for concussion.

- What venue are we at today?
- What skill were you attempting?
- What was your last apparatus or skill?
- How many events do you have left (competition)?

In the event a gymnast sustains a severe head or spine injury (including any red flag symptoms outlined in the [CRT 6 Tool](#) the gymnast must be taken to the hospital.

5. Immediate Management of a Suspected Concussion

WGC personnel must follow WGC First Aid Guidelines throughout this process.

Medical practitioner present

Where a medical practitioner is present (e.g. team doctor), the coach must immediately request their assistance. The medical practitioner will then assess the gymnast to determine what further actions are required.

No medical practitioner present

1. WGC personnel must assess whether the gymnast is presenting with concussion symptoms using the [CRT 6 Tool](#).
2. If a concussion is suspected and **RED FLAG** symptoms are observed, call 000 immediately.
3. If **OBVIOUS** or **SUBTLE** symptoms are observed, the gymnast's parent or guardian must be immediately contacted to immediately take the gymnast to an appropriate medical professional for assessment.
4. After management has completed, WGC personnel must complete an Injury Report Form.

Please note – where a medical practitioner is not present, where possible and if appropriate, WGC personnel should not move the gymnast prior to being assessed (e.g. by a paramedic).

6. Ongoing Management of a Concussion

Concussion management will vary depending on individual needs, level, and skillset, and must be coordinated by a medical professional (which may also include the support of a physiotherapist) on progressive return to sport.

WGC personnel must communicate with the gymnast's parent or guardian to receive management plans from the medical professional and, if appointed, a physiotherapist.

Modifications to the gymnast's training as part of ongoing management may include:

- Additional breaks during training
- Modifications to training schedules e.g. shorter or less training sessions (initially)

- Increased time allowed to complete certain tasks e.g. programs or rehab
- Performing approved skills or drills over a pit (where possible), using additional spotting, and adding matting.

7. Return to Gymnastics Strategy

A gymnast who has been diagnosed with a concussion cannot return to gymnastics without written authorisation from a licensed healthcare professional.

Once a gymnast has been diagnosed with a concussion by a licensed medical professional, the parent or guardian may provide their appointed medical professional with the GA Concussion Return to Sport Progressions WAG (Appendix 1). Parents or guardians may use the letter template (Appendix 2) when communicating with their appointed medical professional.

Return to gymnastics must be guided and approved by a medical professional (and may be additionally supported by a physiotherapist), including progression through the stages of a return to sport strategy.

Gymnasts who have completed the Gymnastics Specific Return to Sport may return to full training and/or competition with clinical approval from a licensed medical professional. However, as per GA and SIA guidelines, an athlete 18 years or younger would take a minimum of 21 days before returning to full routines or competitions.

In the event a gymnast experiences any concussion like symptoms once returning to training, they must stop immediately and be referred to their medical professional.

8. Related Policies and Procedures

Related policies and procedures listed below are documents directly related to, or referenced in, this Policy:

[AIS Australian Concussion Guidelines 2024](#)

[AIS Concussion and Brain Health Position Statement 2024](#)

[FIG Concussion Guidelines](#)

WGC First Aid Guidelines (Squad) / WGC First Aid Guidelines (Educational and Junior Gym)

[CRT 6 \(Concussion Recognition Tool\) for WGC personnel](#)

9. Version History

Version	Date Amended	Author	Change Details
2	06/12/2024	Olivia Gatsios	<ul style="list-style-type: none"> • Updated formatting and layout to 2024 Policy Template • Added AIS 2024 and FIG relevant guidelines. • Added Return to Sport and Letter Appendix • Loss of consciousness and seizure added to red flag symptoms.

APPENDIX 1 – GA Concussion Return to Sport Progressions WAG

**** Progression from each stage must be at least 1 day apart.**

STAGE	DESCRIPTION	FLOOR / GENERAL	VAULT	BEAM	BARS
1	Physical and cognitive rest	NIL			
2	Light cardio/strength work				
3	Increase cardio/strength work, jumping along tumble track, straight jumps on tramp	Non-acrobatic dance components, jog / run, jumping along tumble track (no inversion), straight jumps on tramp, rehab type (e.g. shoulder bands) strength	Vault strip runs	Basic movements on beam (non-acrobatic, no leaps)	Non-inverted strength work
4	Single plane rotation only	Handstands, cartwheels and round offs, introduce assisted / spotted front / back handsprings		Artistic choreography	Inverted static hang, uneven bar swinging (no inverted skills or giants)
5	Single somersault/single twist on tramp	Single somersault skills, front / back handsprings	Handspring and Tsuk timers, sticks from table	Cartwheels/roundoffs low beam or floor	Bars handstands
6	Introduction to multiple plane skills	Increase number of somersaults or combined single somersault/single twisting skills on tramp or into pit / spotted	Yurchenko timers, uphill handspring and Tsuk vaults	Cartwheels/roundoffs regular beam or floor	Giants
7	Graded progressions (targeted to athlete's level)	Twisting skills with > 1 twist		Front handsprings	Non-release bar skills
8		Begin basic connections, dismount to pit	Basic vaults to pit	Back handsprings	Basic transfers between bars
9		Advanced connections to pit, basic connections on floor, part routines	Full vaults to pit	Front and back flicks	Bar release skills
10		Advanced connections on floor			Dismounts

APPENDIX 2 – EXAMPLE Draft Letter to Physician (for parent/guardian and/or coach)

Dear Dr [Enter Name]

Thank you for seeing [Gymnast Name] on [enter date] and supporting her return to gymnastics.

To ensure her return to gymnastics program aligns with [Gymnast Name] current ability and experience, please see below information to guide this program.

Child's Age	[Enter Age including months]
Child's Training Hours	[Enter total hours]
Child's Training Frequency	[Enter total training day's]
Child's Level	[Enter ALP level for reference]

Waverley Gymnastics Centre has adopted the Gymnastics Australia/AIS Concussion Guidelines which includes a guideline return to sport strategy, specific to gymnastics.

We attach this return to sport strategy and request your support in identifying when [Gymnast Name] is able to progress to the next stage and, after the recommended 21 days, return to full training.

Waverley Gymnastics Centre require a signed letter to:

- Confirm and approve a return to sport strategy
- Sign off on [Gymnast Name] progressing to the next stage of the strategy (or a letter providing us with guidelines on when she can progress)
- A final sign off to confirm [Gymnast Name] returning to full training and/or competition.

Should you have any questions or require further information, you may contact:

WGC High Performance Manager 0417 640 003 *jessica@wgc.org.au*
[Gymnast Name] Coach [Enter Phone #] *[name@wgc.org.au]*

Kind regards

[Your Name]