

AUSTRALIAN CONCUSSION GUIDELINES FOR YOUTH AND COMMUNITY SPORT

A collaboration between the Australian Institute of Sport, Australasian College of Sport & Exercise Physicians, Sports Medicine Australia and Australian Physiotherapy Association Aligned with the UK Department of Culture, Media and Sport and NZ Government Accident Compensation Corporation Australian Institute of Sport | February 2024 Concussion and Brain Health Position Statement 2024 (CBHPS24)

Funded by the Australian Government, the Concussion and Brain Health Position Statement 2024 (CBHPS24) brings together the most contemporary evidence-based information and presents it in a format that is appropriate for all stakeholders. The Position Statement is intended to ensure that participant safety and welfare is paramount when dealing with concussion in sport.

Importantly, the updated Position Statement provides clear return to sport/learn timelines by extending the minimum stand down period for both youth (those under the age of 19 years) and community sport following an incidence of sport-related concussion. This conservative approach to concussion management requires the individual being 14 days symptom free (at rest) before returning to contact sport training, and a minimum of 21 days before returning to competitive contact.

This update provides further information on concussion management in female and para-athletes, an expansion of the role of physiotherapists in the diagnosis and management of sport-related concussion, long-term and holistic approaches to brain health, best practice management of multiple concussions, and the creation of a 'concussion officer' in schools and community clubs. The Position Statement will be updated routinely to ensure it remains consistent with contemporary evidence.

If in doubt, sit them out!

Download the full statement [here](#)

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