

## NT CONCUSSION POLICY

### Introduction

There has been growing concern in sporting communities about the potential health ramifications for athletes from repeated head trauma (RHT) and sport-related concussion (referred to as concussion here on). Concussion affects athletes at all levels of sport, from the part-time recreational athlete to the full-time professional. If managed appropriately, most episodes of concussion resolve over a short period of time, with or without medical intervention. Complications can occur, however, including prolonged duration of symptoms and increased susceptibility to further injury. Chronic traumatic encephalopathy (CTE) is a neurodegenerative pathology associated with a history of RHT. There are a growing number of case studies and case series which document CTE neuropathological change (CTE-NC) in retired athletes with a history of RHT.

Over recent years there has been elevated public awareness of concussion and increased focus on the importance of diagnosing and managing the condition promptly, safely, and appropriately.

### Guidelines

NT Triathlon has adopted the Australian Sports Commission's "Australian Concussion Guidelines for Youth and Community Sport" as the guiding principles on how to manage concussion in the sport of triathlon.

These guidelines provide information on how to recognise concussion and manage concussion from the time of injury through to a safe return to education, work and playing sport. This information is intended for the general public and for individuals participating in underage and community sports – primary school age and upwards - where Healthcare Practitioners are less likely be available to diagnose and monitor individuals with concussion.

These guidelines are based on current evidence and examples of best practice taken from other sports and organisations around the world. In partnership with THE New Zealand Accident Care Commission (ACC) and the UK Department of Culture, Media and Sport (DCMS), these guidelines enable a strong international consensus that provides clarity and consistency of message, enhancing the safety of all community sport participants. These guidelines are aligned with the UK Government's Concussion Guidelines for Non-Elite (Grassroots) Sport, released in April 2023.

These concussion guidelines are recommended for youth (aged under 19 years) sport settings, and for community adult sport.

The overarching principle of these guidelines is "If in doubt, sit them out", which NT Triathlon wholeheartedly endorses and encourages affiliated clubs and coaches to also recognise and adopt for the safety and health of their members and athletes.

To review the full guidelines click [here](#).

## Policy Review

The adoption and endorsement of these guidelines will be reviewed by NT Triathlon annually to ensure they remain current with the latest scientific research and evidence on the topic.

Version Control			
Date	Author	Approved By	Review Date
30/09/2024	Lucy Berk, NT State Services Manager	NT Triathlon Board	30/09/2025