



Concussion Policy

Any player who has, or suspects they may have, a concussion is strongly encouraged to take medical advice before continuing playing netball in order to ensure that they are fully informed of the potential risks. *Players should note that Netball Alberta's insurance may not extend to concussed players who have not consulted with their doctor and/or who is playing against medical advice.*

Netball is considered a contact sport and as such the potential for a fall or collision is always present. A player with a concussion needs to be aware that participation in netball may carry risks for themselves and their future health.

Netball Alberta has adopted the following guidelines that outline the responsibilities of the player or their parent/guardian, Netball Alberta and its umpires and officials, and other players.

It is the responsibility of the player or their parent/guardian to:

- Immediately stop activity and seek medical advice if the player receives any contact to their head;
- Obtain professional medical advice and a clear understanding of the risks involved in continuing to participate in netball, including how the player should take steps in the process of returning to play;
- Advise their coach and/or trainer of the concussion as soon as possible so that they may make any necessary modifications to training;
- Use common sense and avoid taking unnecessary risks;
- Immediately stop activity and seek medical advice if the player receives any other contact to their head after having had a concussion.

It is the responsibility of Netball Alberta, Umpires and Officials to:

- Avoid giving any advice they are not qualified to give. Coaches, trainers, umpires and others should be careful not to provide medical advice with regards to training or playing;
- Make these guidelines and other relevant material available to all members of Netball Alberta; and
- To ensure that these policies are reviewed and updated as necessary.

Netball Alberta would recommend the following documents in regards to education about concussions and return to play:

[Concussion Guidelines for Parents & Caregivers](#)

[Concussion Guidelines for Coaches and Trainers](#)

[Concussion Guidelines for Athletes](#)