

CONCUSSION IN GYMNASTICS

Key guidance points



IF IN DOUBT, SIT THEM OUT

Gymnasts with a suspected concussion must immediately sit out of the gymnastics activity.

It is important that everyone in gymnastics follows the UK Concussion Guidelines for Non-Elite (Grassroots).



What is a concussion?

Concussion is a traumatic brain injury resulting in disturbance of brain function. It affects the way a person thinks, feels, and remembers things.

Most people with a 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').

Gymnasts with one or more visible clues, or symptoms of a head injury must be immediately removed from the activity or training and must not take part in any further physical sport or work activity, even if symptoms resolves, 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 gymnastics.

Gymnasts with concussion should only return to gymnastics 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.

Gymnasts with symptoms after 28 days should seek medical advice from their GP (which may in turn require specialist referral and review).

Our thanks to DCMS and Sport & Recreation Alliance for their permission in reproducing this resource.



Your club should communicate what this means for gymnasts and parents/carers



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