

VERITAS

ST MARY'S
COLLEGE

EST. 1869

NETBALL AT ST MARY'S

OPPORTUNITY FOR EVERY PLAYER


ST MARY'S COLLEGE NETBALL
GILBERT
Community • Justice • Growth

WELCOME

ST MARY'S COLLEGE NETBALL

Welcome to St Mary's College Netball! Our netball program is built on a strong foundation of teamwork, skill development, and commitment. We are proud to support players of all abilities as they grow both on and off the court, fostering confidence, resilience, and a genuine love for the game. St Mary's College looks forward to partnering with our students, families, and coaches as we continue to strengthen our program and celebrate the achievements of our athletes throughout the year.

OUR HISTORY

ST MARY'S COLLEGE NETBALL

St Mary's College introduced the Specialist Netball Academy to foster excellence and develop elite skills in talented young netballers. What began as a small after-school program has since evolved into a pathway program that supports players from social level participation through to high-performance competition. Over the years, the academy has provided students with opportunities to refine their technical and tactical abilities, enhance their fitness, and build teamwork, leadership, and resilience both on and off the court.

The program's success and growing reputation led to the integration of netball into the College's formal curriculum, offering students the chance to pursue their sporting passion as part of their education.

Today, St Mary's Netball continues to thrive, with teams competing successfully at social, local, regional, and interstate levels. Supported by a dedicated coaching team, many of whom are returning Old Scholars, the program focuses on holistic athlete development, ensuring every student is empowered to grow in skill and confidence.

YEAR 7 TO 12 NETBALL

INCLUSIVE PATHWAYS TO LEARN, GROW AND COMPETE

The St Mary's College Netball Program offers a range of opportunities for students at all levels, from beginners learning the fundamentals, to those participating in social competitions, and athletes striving to perform in high-performance environments. The program aims to develop not only netball-specific skills but also key life skills such as teamwork, leadership, communication, and resilience.

Specialist Netball Classes
St Mary's students from Year 7 to 9 who demonstrate a strong interest in netball are invited to nominate their participation in Specialist Netball Classes as part of their Health and Physical Education curriculum.

These classes are designed to build foundational netball skills and knowledge through a focus on movement, game strategies, teamwork, and decision-making, while also exploring transferable movement skills from other sports to enhance their netball performance. Students will engage in practical lessons, game-based learning, and theory components that explore topics such as fitness, nutrition, goal setting, coaching and umpiring.

The Specialist Netball Classes provide a strong pathway into the Specialist Netball Academy for those who wish to extend their involvement in netball at a competitive or representative level. Students within the specialist netball classes are strongly encouraged to nominate and trial for the Specialist Netball Academy.

Specialist Netball Academy
The Specialist Netball Academy is designed for students who desire to play netball at a club or equivalent level and are eager to develop their skills, game understanding, and personal growth through a high-performing yet supportive environment.

Students are required to trial for the Netball Academy at the beginning of Term 1, and if selected, will represent St Mary's College in the South Australian Catholic Secondary School Girls' Sport Association (SACSSGSA) competition. Matches are held on Saturday mornings throughout Terms 2 and 3, competing against other Catholic schools across various locations in Adelaide. Game times are designed to coincide with Club Netball games.

Students selected for the Netball Academy are expected to attend one training session per week with their team from late Term 1 and until early Term 3. Attendance at training is compulsory, as it fosters growth, teamwork, and commitment, which are core values of the program.

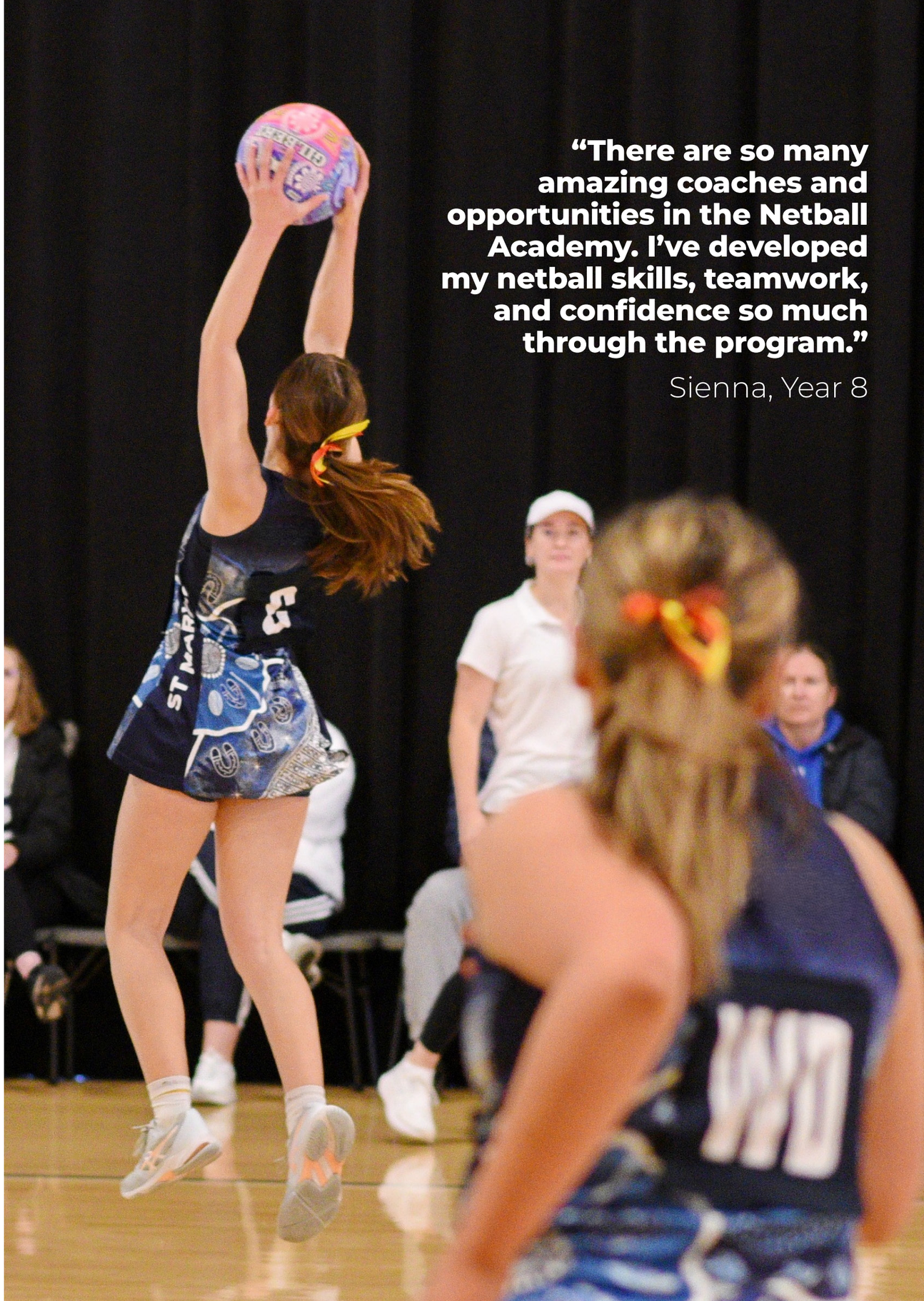
As a part of the academy, there is an annual levy of $190 for coaching, transport, and carnival registrations.

Statewide Schools Competition Squad
Students who are seeking further development in a high-performance setting have the opportunity to be selected as part of the Statewide Schools Competition Squad during the Specialist Netball Academy Trial in Term 1.

Selection in the Statewide Schools Competition Squad represents the top-performing players within each year level. Students selected in the Year 7/8, 9/10, and Open Knockout Squads will participate in an additional weekly training session designed to further enhance their technical and tactical abilities in a high-performance environment.

It is important to note that selection in a Statewide Schools Competition Squad does not guarantee a position in the Statewide Schools Competition team. Students are expected to demonstrate ongoing commitment, effort, and teamwork; if these expectations are not consistently met, another student outside the squad may be considered for selection in the Statewide Schools Competition Squad and/or Team.

School Sport SA Netball
Students who are new to netball, or who simply wish to play for fun, have the opportunity to nominate for a School Sport SA Netball team, which competes on Wednesday afternoons after school. There are no trainings involved, making it a relaxed and enjoyable way to participate, meet new people, and represent the College in a social and supportive environment. Seasonal registrations are approximately $70.



"There are so many amazing coaches and opportunities in the Netball Academy. I've developed my netball skills, teamwork, and confidence so much through the program."

Sienna, Year 8

TRIALS
PATHWAYS TO SELECTION

Trials are an important part of our netball program, providing students with the opportunity to showcase their skills. Trials ensure that each team is structured to support player development and maintain the high standards of St Mary's Netball.

Specialist Netball Classes
Depending on interest and the number of annual nominations, trials may be conducted for the Year 7, 8 and 9 Netball Specialist Classes.

Specialist Netball Academy and Statewide Schools Competition Squad
The Specialist Netball Academy and Statewide Schools Competition Squad require students to nominate and participate in trials held at the beginning of Term 1. Students and families must not discuss selections throughout this period.

Players trialling for the Specialist Netball Academy and Statewide Schools Competition Squad are assessed on the following criteria:

- Consistently upholds the College's values in both school and sport environments
- Skill execution (e.g. passing and footwork)
- Game awareness and decision-making
- Athletic ability (speed, agility, endurance)
- Coachability and attitude (willingness to learn and respond to feedback)
- Teamwork and communication
- Commitment and effort (training attendance and work ethic)
- Feedback from previous years coaches (if applicable)

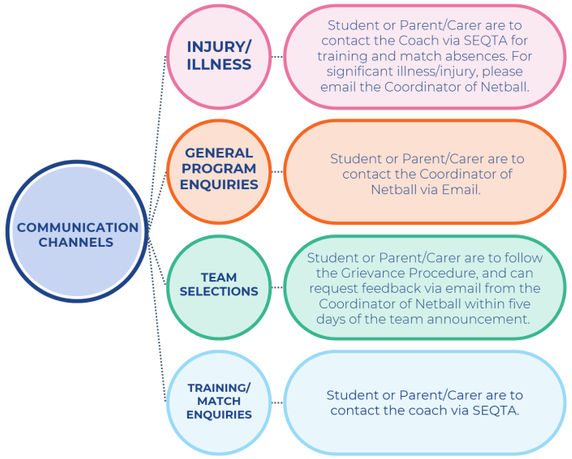
While it may be disappointing to miss initial selection for the Statewide Schools Competition Squad, selections are reviewed throughout the season and are contingent upon maintaining the above standards. Students who do not meet these expectations may be rotated out of the squad. Any concerns regarding the selection process should be addressed in accordance with the Grievance Procedure.

School Sport SA Netball
Students wishing to participate in the School Sport SA Netball on Wednesday afternoons do not need to attend trials or undergo a selection process. All students are welcome to join and play for enjoyment, with nominations opening late Term 1.



COMMUNICATION
STAYING CONNECTED

Specialist Netball Academy and Statewide Schools Competition Squad
As part of the Specialist Netball Academy and Statewide Schools Competition Squad, it is the responsibility of parents/carers to notify the coach via SEQTA in a timely manner if a student will be absent from training or games. For other matters or further communication, please contact the Coordinator of Netball via email.



School Sport SA Netball
Communicated via SEQTA and/or email by the Coordinator of Sport.

Specialist Netball Classes
The specialist netball class takes place during school time and will be communicated by the teacher.

Training and Game Cancellation
All match and training cancelations will be communicated via SEQTA or email.



UNIFORM

REPRESENTING ST MARY'S ON AND OFF THE COURT

Our netball uniform reflects the pride, spirit, and identity of St Mary's College. Designed for comfort, performance, and style, it unites players as a team while representing our College values both on and off the court. Wearing the uniform is a symbol of commitment, teamwork, and belonging within our netball community.

School Sport SA Netball and Specialist Netball Classes
Students involved in both School Sport SA Netball and Specialist Netball Class are required to wear their regular College PE uniform with appropriate footwear. Students are not permitted to wear jewellery, and their hair must be tied up.

Specialist Netball Academy and Statewide Schools Competition Squad
Students selected for the Specialist Netball Academy and Statewide Schools Competition Squad are required to purchase a St Mary's College netball uniform, which includes a netball dress, shorts, polo, and jumper. These items are not to be worn during regular school hours. When representing the College at external sporting events or Saturday morning matches, students must wear the official netball uniform and are not permitted to wear alternative branded clothing or inappropriate footwear (e.g., Crocs) before or after games.

Students that are new to the Specialist Netball Academy are required to purchase a new uniform, which includes the following (approximately $165):

- St Mary's College Netball Dress
- St Mary's College Polo Top
- St Mary's College Long Sleeve Warm Up Top
- St Mary's College Netball Shorts
- St Mary's College Netball Hoodie (additional cost of $45)











Students selected in the Open A1 Specialist Netball Academy team earn the privilege of wearing the St Mary's netball dress featuring a distinct white striped panel. This uniform signifies their achievement in representing the College at the highest level of netball. The cost of the Open A1 Netball dress is an additional expense and will be communicated separately to students who are required to wear it.

Reconciliation Round Netball Dress
Designed by artist Dave Booth, a Warumunga/Yuggera man, the uniform reflects the vision of our netball students, who in 2022 expressed a desire to create an Indigenous-inspired design. Their aim was to deepen our understanding and connection with First Nations peoples and demonstrate our College's ongoing commitment to Reconciliation.

Students in the Open A1 and A2 Specialist Netball Academy teams have the opportunity to wear this dress during Reconciliation Round and throughout the SACSSGSA season. The Reconciliation Round Netball dress incurs an extra cost, which will be shared directly with the students who have the opportunity to purchase it.



“The Academy has helped me grow to my full potential and step out of my comfort zone. So far, I’ve had an amazing time and made great friends.”

Tiana, Year 8

CAMPS AND TRIPS

ADDITIONAL OPPORTUNITIES

Middle School Netball Camp
Students selected in the Year 7 to 9 Specialist Netball Academy have the opportunity to attend the annual Middle School Netball Camp (approx. $500), held at West Beach in Term 4. The camp offers students the chance to participate in a range of team-building and recreational activities, as well as compete in the Netball SA Specialist Schools Cup Tournament and the Middle School Catholic Girls Netball Carnival.

Waverley International Schools Netball Championships
Students in Year 10 to 12 can nominate for selection to represent the College at the Waverley International Schools Netball Championships (approx. $2000), held in Melbourne, Victoria. This prestigious tournament provides students with the opportunity to compete against representative teams from across Australia, as well as international teams from Singapore, Malaysia, New Zealand, Sri Lanka, and the Pacific Islands. Beyond the competition, students also enjoy additional experiences such as attending an AFL match, shopping at Chadstone, and more.



JUNIOR NETBALL

BUILDING FOUNDATIONS AND CONFIDENCE

St Mary's College recognises the importance of providing Junior School students with opportunities to participate in netball within a fun and supportive environment. Engaging in sport at a young age helps students develop fundamental movement skills, build confidence, foster teamwork and social connection, and establish healthy habits that support lifelong physical activity. These early experiences create strong pathways into the Years 7 to 12 Netball Specialist Program and Netball Classes.

St Mary's NetSetters Program
Designed for students in Reception to Year 2. The NetSetters Program is a five-week program designed for students to learn the basics of Netball in a fun, game-based environment. Registrations open at the end of Term 2. Students involved will be required to wear their PE uniform with appropriate footwear.

Mini Mary's Program
Students from Years 3 to 6 are invited to nominate for the Mini Mary's Program, which provides an opportunity to train and represent St Mary's College in the weekly IGSSA Junior Competition. Games will take place on Wednesday afternoons at 4.10pm at the ANZAC Highway Netball Courts. Mini Mary's supports students in developing their core netball skills, teamwork and game understanding in a fun, inclusive environment. Students involved will be required to wear their PE uniform with appropriate footwear.

Year 4 to 6 Statewide Schools Competition Team
Students in Years 4 to 6 have the opportunity to nominate to trial for the Statewide Schools Competition team. This team provides a pathway for students who are ready to extend their netball skills in a more competitive environment while representing St Mary's College at a higher level. Selected students will participate in scheduled training sessions and compete against schools across the state. Nominations will be available in late Term 1. Students involved in the Statewide Schools Competition Team will borrow a netball dress from the College.



POLICIES AND PROCEDURES

EXPECTATIONS, RESPONSIBILITIES AND STANDARDS

The success of St Mary's College Netball is built on clear policies and procedures that support a safe, organised, and consistent program. These guidelines outline our expectations, responsibilities, and standards for players, families, and coaches. Please take the time to read through this section and refer back to it throughout the season to ensure a positive and well-supported netball experience for all.

SACSSGSA Weather Policy

Hot Weather Blanket Cancellation Procedures

If the temperature for the forthcoming Saturday is forecast at 38°C on the Bureau of Meteorology's website at 9.00am on Friday, all secondary sport will be cancelled. For extreme circumstances where the forecast changes after 9.00am on the Friday to be above 38°C an email will be sent to all school sport coordinators informing them of the cancellation of ALL Sport for the following morning. For mid-week sport, if the temperature for the programmed day is forecast at 38°C on the Bureau of Meteorology's web site at 5.00pm the day before, ALL Sport (excluding water polo) is to be cancelled.

If the forecast temperature is less than 38°C but conditions are considered as extreme, the SACSSGSA Executive Officer, in consultation with the Executive Committee will inform Coordinators of each school by either text message, the SACSSGSA Website or email if sport is to be cancelled. Coordinators will then be expected to communicate with students/coaches/parents/umpires in informing them of the situation.

Other Cancellation Due to Hot Weather

A school may elect to cancel fixtures where the forecast temperatures are lower levels than those stated above where local conditions are more severe and poses an increased risk for student participation.

Inclement Weather Cancellation Procedures

The SA Catholic Girls Executive Officer in consultation with the Executive Committee may issue a blanket cancellation where weather conditions across the metropolitan area are considered to be so extreme as to warrant such a cancellation.

In case of inclement weather an activity may need to be suspended due to hail, lightning, rain etc. The decision to suspend a game can be made by the Executive Officer, Referee, Venue Coordinator and/or by Coaches.

According to the flash-to-bang method:

- Count the seconds between seeing the lightning and hearing the thunder.
- Divide the number by 3 to find out how many kilometres away the lightning is occurring.
- If within 10 kilometres (30 seconds or less), stop the activity and seek shelter.
- Allow 30 minutes after last sound of thunder or lightning strike before resuming or commencing play.

It is recognised that local conditions (hail, lightning, rain etc.) are likely to have a greater impact and so host schools will have the discretion to cancel fixtures.

Where such cancellations are made it is the responsibility of the host school to inform all visiting schools and the SACSSGSA Executive Officer.

St Mary's College Weather Policy | Training

Netball trainings for the Specialist Netball Academy will continue as scheduled. In the event of unsuitable weather, outdoor sessions will be modified, moved indoors, or conducted in the strength and conditioning room.

Court Time Guidelines

School Sport SA Netball

Students are provided equal court time to ensure fair opportunities for development.

Specialist Netball Academy

Coaches aim to provide fair court time, however if a student misses training, equal time is not guaranteed. During finals, court time is based on team needs and may be limited for some players.

Statewide Schools Competition Netball

Equal court time is not guaranteed for students selected in the Statewide Schools Competition Team.

Grievance Procedure

The selection process for the Specialist Netball Academy and Knockout Netball Squad is designed to be transparent, fair, and consistent. However, if a student or parent/carer has concerns about the outcome of the trials, the following procedure should be followed:

- Students, parents, and carers are expected to conduct themselves respectfully and avoid discussing selections directly with coaches or selectors at the time of the trial.
- Concerns should not be raised in public forums, through social media, or during training sessions or games.
- Students are encouraged to reflect on the selection criteria and may request brief verbal feedback after selections are announced.
- If a concern remains, a written grievance may be submitted by a parent/carer to the Netball Coordinator within five school days of the announcement.
- Grievances should clearly outline the concern, refer to the selection criteria, and maintain a respectful tone.
- The Coordinator of Netball and the Coordinator of Sport will review the grievance, consulting with coaches and selectors as needed.
- A written response will be provided within ten school days of receiving the grievance.
- The decision made by the Netball Coordinator, in consultation with the Coordinator of Sport is final.
- All parties are expected to respect and uphold the outcome to preserve the integrity and positive culture of the Netball Program.

SACSSGSA Grade Selection Guideline

SACSSGSA Grade nominations for all sports should be conducted by schools and reviewed by a selector with relevant experience, such as playing at a high level, coaching, or possessing a strong background in the sport.

The Grade Criteria Matrix below serves as a guideline to assist schools when nominating teams to an appropriate grade. It aims to support consistent decision-making across member schools when determining grade nomination for school sport teams. Please note that this matrix is a reference tool only and should be used alongside the school's knowledge of team composition, abilities, the competition history, and the age category in consideration.

It is recommended that if 50% or more of the team players meet most of the criteria listed under a particular grade, then the team should be nominated to that grade.

	A Grade	B Grade	C Grade
Technical Skills	Demonstrates advanced technical skills.	Possesses the basic skills required to compete in the sport.	Lacks developed skills relevant to the sport.
Tactical Strategy	Applies tactical strategy effectively.	Understands fundamental tactics and strategy.	Limited understanding of tactics and strategy.
Intensity	Consistently competes at moderate to high level intensity.	Able to compete at intermediate level intensity, however application may be inconsistent.	Demonstrates low or inconsistent levels of intensity.
Understanding of Rules	Demonstrates ability to consistently play within the established rules of the game.	Understands basic rules and applies them to ensure safe gameplay.	Limited understanding or still learning the foundational rules of the game.
Experience	Several years' experience in the sport (or a similar sport). If the team contains any State Representatives, Division 1 District players or equivalent, the team should be nominated in A Grade.	Experience levels may vary. May be adequately skilled but new to the sport, or alternatively experienced with limited skill.	Limited to no prior experience in the sport.

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Notes

1. Depending on the sport, physical attributes such as size and strength of students may also need to be considered when nominating grades.
2. If entering two or more teams in the same grade in any sport, then teams must be of equal ability. Schools that do not have an A-Grade team but are considering entering two teams in B-Grade are encouraged to first assess whether entering one team in A-Grade is possible, with the other team playing B-Grade. This approach helps maintain competitive balance and is preferred by the association where feasible. If, after careful consideration, entering an A-Grade team is not an option, then the two B-Grade teams must be of equal ability.
3. If score-capping (maximum win margin as set by the association) is consistently applied in B-Grade or C-Grade, this would generally indicate there is a misalignment in grade nomination.
4. C-Grade is intended for beginner/developing teams, and as such, teams should not be strong enough to score high tallies. Example – a team consistently scoring over 30 goals in C-Grade netball or 50 points in C-Grade basketball would generally indicate there is a misalignment in grade nomination.

Return to Sport | Soft Tissue Injuries
Sports Medicine Australia

What is a soft tissue injury?

Soft tissue injuries are the most common type of injury in sport. Soft tissue refers to tissues that connect, support or surround other structures and organs of the body. Soft tissue includes muscles, tendons, ligaments, fascia, nerves, fibrous tissue, fat, blood vessels, cartilage, skin, fibrous connective tissue and synovial membranes.

Risk Factors

The most common soft tissue injuries involve one or more of the following structures due to sprain, strain or direct impact:

- Muscle: Made up of fibres that shorten and lengthen to produce joint movement. Muscles attach to bones via tendons
- Improper technique: Increases stress and imbalance in tissue usage and energy demands, leading to fatigue
- Inadequate warm-up: Tissues must be properly prepared for the demands of activity
- Inappropriate equipment: Poorly fitted gear, including footwear, can increase stress on soft tissue
- Environmental conditions: Playing surfaces and surroundings should be free of hazards
- Age: As we age, tissue flexibility decreases, increasing injury risk

Tendons vs Ligaments

- Tendon: Tough, slightly elastic connective tissue connecting muscle to bone
- Ligament: Strong, inelastic connective tissue connecting bone to bone

Risk Factors

- Previous injury: Athletes should only return to activity once cleared by a sports medicine professional
- Overuse: Repeated use without adequate rest may lead to injury
- Fatigue: Tired muscles and tissues are more susceptible to injury

Soft tissue injuries are classified as either acute or overuse injuries.

Acute Injuries

- Occur from a known incident. Symptoms usually appear quickly.
- Bruise (contusion or cork): Caused by direct impact, such as contact with a player or object, resulting in compression and internal bleeding. Signs and symptoms include swelling and/or discolouration.
- Sprain: Occurs when a joint is forced beyond its normal range, overstretching or tearing ligaments. Signs and symptoms include swelling, pain, loss of function or weight-bearing ability, bruising and/or sudden pain.
- Strain: Occurs when a muscle is overstretched or contracts too quickly, partially or fully tearing muscle or tendon fibres. Signs and symptoms include pain with movement, swelling, possible bruising.

Overuse Injuries

- Caused by repetitive stress such as friction, pulling, twisting or compression.
- Signs and symptom: Gradual onset of pain, inflammation, reduced function.

Management and Recovery of Acute and Soft Tissue Injuries

- Management: Follow the RICER protocol (Rest, Ice, Compression, Elevation and Referral) for 48 to 72 hours to reduce bleeding and damage within the injured tissue. Rest the injured area. Apply ice for 20 minutes every two hours (never directly to the skin). Use a compression bandage. Elevate the injured area. Seek advice from a sports medicine professional. Also apply the No HARM protocol – No Heat, Alcohol, Running or Massage – to prevent worsening the injury.
- Recovery: Most soft tissue injuries heal within 1 to 6 weeks, depending on the individual's age, health and the injury's severity.

Return to Sport

If a student seeks physiotherapy or medical attention for their injury, a formal clearance must be emailed to the Coordinator of Netball before they return to any school sport training or matches. This ensures the injury has healed properly and the student can safely resume full participation.

SACSSGSA Concussion Guidelines

Background

The South Australian Catholic Secondary School Girls Sport Association (SACSSGSA) adopts the Australian Concussion Guidelines for Youth and Community Sport (Concussion Guidelines) issued by the Australian Institute of Sport (AIS).

The AIS Concussion Guidelines are available via the following link: ais.gov.au.

The AIS Concussion Guidelines are a collaboration between the Australian Institute of Sport, Australasian College of Sport & Exercise Physicians, Sports Medicine Australia and Australian Physiotherapy Association.

These SACSSGSA guidelines are of a general nature only. Individual treatment will depend on the facts and circumstances specific to each individual case. These guidelines are not intended as a standard of care and should not be interpreted as such.

These SACSSGSA guidelines will be reviewed regularly by SACSSGSA and will be modified according to new or revised standards on concussion.

It is recommended that participating schools in SACSSGSA sports and competitions develop and maintain a concussion policy/concussion statement, cognisant of the AIS Concussion Guidelines adopted by SACSSGSA.

What is a concussion?

Concussion is a traumatic brain injury, induced by biomechanical forces to the head, or anywhere on the body which transmits an impulsive forced to the head.

Recognising Concussion

The signs and symptoms are variable, non-specific and may be subtle. Concussion should be suspected when an injury results in a knock to the head or body, that transmits a force to the head.

Visual indicators of concussion include:

- Loss of consciousness or responsiveness
- Lying motionless on the ground/slow to get up
- A dazed, blank or vacant expression
- Appearing unsteady on feet, balance problems or falling over
- Grabbing or clutching of the head
- Impact seizure or convulsion

The AIS Concussion Guidelines list 20 symptoms when identifying a concussion, and include:

- Headache
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision

What To Do

A player with a suspected concussion should be immediately removed from play.

SACSSGSA requires that its participating schools

POLICIES AND PROCEDURES
EXPECTATIONS, RESPONSIBILITIES AND STANDARDS

have a suitably trained first aid representative, that can assist with any concussion/suspected concussion.

Appendix 1 provides a flow chart of the steps to be taken in the event of a concussion/suspected concussion.

In accordance with the AIS Concussion Guidelines, players should not:

- Be left alone initially (at least for 3 hours)
- Worsening symptoms should lead to immediate medical attention
- Be sent home by themselves – they need to be with a responsible adult
- Drink alcohol, use drugs not prescribed by their health care practitioner
- Drive a motor vehicle until cleared to do so by a health care practitioner.

Medical Assessment

A player with concussion or suspected concussion will need to seek medical attention with a health care professional. It is important to note that the AIS Concussion Guidelines identify a number of 'Red Flags' that, if apparent, recommends immediate referral to an emergency department – refer to Appendix 1.

Return to Sport

The AIS Concussion Guidelines include a graded return to sport framework, that specifies for those under 19 years of age and those without a dedicated health care professional to guide recovery.

The graded return to sport framework requirements are as follows:

1. Introduction of light exercise after an initial 24 to 48 hours of relative rest.
2. At least 14 days symptom free (at rest) before return to contact/collision training.
3. A player cannot go directly from non-contact activities to competition. They must complete some full contact training to the satisfaction of the health care professional, before returning to competitive contact.
4. A minimum of 21 days until the resumption of competitive contact/collision sport.



POLICIES AND PROCEDURES
APPENDICES

Appendix 1: Non-health care practitioner at sporting event where there is a suspicion of concussion (for parent, coaches, teachers, team-mates, sport staff)

Player with suspected concussion

On-field signs of concussion:

- Loss of consciousness
- Headache or 'pressure in the head'
- Lying motionless, slow to get up
- Seizure and tonic posturing
- Confusion, disorientation
- Memory impairment
- Balance disturbance/motor incoordination
- Nausea or vomiting
- Visual or hearing disturbance
- Dazed, blank/vacant stare
- Behaviour or emotional changes, not themselves
- Falling unprotected to the playing surface
- Facial injury

Immediate removal from sport with no return on that day.
Take normal first aid precautions including neck protection

Red flags:

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

No

Refer to healthcare practitioner as soon as practical

Yes

Immediate referral to emergency department



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