



QUEENSLAND GIRLS
Secondary Schools
Sports Association

Concussion Management Statement of Commitment

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Established 1908 - Performance, Participation, Tradition & Innovation

QGSSSA Concussion Management – Statement of Commitment

1.0 Introduction

The Queensland Girls' Secondary Schools Sports Association (QGSSSA) is committed to providing a safe and supportive sporting environment. In accordance with the Australian Concussion Guidelines for Youth and Community Sport (published by the Australian Sports Commission and the Australian Institute of Sport's (AIS)), QGSSSA acknowledges the seriousness of concussion and the importance of a consistent, evidence-informed approach to its recognition, management and prevention.

Concussion is a mild traumatic brain injury that requires timely recognition, appropriate management and a conservative return-to-play approach. QGSSSA prioritises athlete wellbeing above all else and expects all member schools to adopt and uphold these standards.

2.0 Purpose

This Statement of Commitment outlines QGSSSA's position on concussion and the responsibilities of both QGSSSA and its member schools in managing this important issue.

3.0 Guiding Principles

QGSSSA supports the following core principles:

- Concussion is a brain injury and must be treated seriously.
- Any athlete suspected of concussion must be removed from play immediately (taking normal first aid precautions including neck protection).
- Return to learn and work activities should take priority over return to sport.
- Return to sport must follow a medically supervised, graduated protocol.
- When in doubt, sit them out.
- Health and welfare must take precedence over competition.

4.0 Policy

- All member schools will have a Concussion Policy that is supported by best practice.
- All member schools will have their Concussion Policies reviewed annually.
- All member schools' Concussion Policies will be submitted annually to the QGSSSA Executive Officer as part of the QGSSSA's Due Diligence Plan.
- A 'whole of community' concussion policy or protocol is adopted.

5.0 QGSSSA Responsibilities

QGSSSA will:

- Promote the adoption of concussion management practices consistent with the ASC and AIS guidelines.
- Provide member schools with access to current concussion resources, templates and educational materials.

- Encourage schools to implement concussion protocols that prioritise athlete safety.
- Promote a culture that encourages reporting of concussion symptoms without fear of stigma or exclusion.
- Review and update QGSSSA concussion resources regularly in response to updated national policies and research.
- Support schools in understanding their responsibilities and provide guidance where required.
- Work collaboratively with member schools (including their concussion officers) to effectively support the return to learn and play of students who experience a concussion injury.

6.0 Member School Responsibilities

Member schools are expected to:

- Establish clear school-based concussion protocols consistent with national best-practice standards.
- Ensure all staff involved in sport—coaches, trainers, teachers and volunteers—receive concussion education and training.
- Remove any student suspected of having sustained a concussion immediately from play or training and refer them for medical assessment.
- Ensure return-to-learn and return-to-sport decisions are made in consultation with a qualified healthcare professional.
- Maintain records of concussion incidents and support ongoing communication with families and medical practitioners.
- Encourage students to report symptoms and prioritise their health above competitive goals.
- Establish clear communication lines between school, volunteers & staff and parents / guardians where a student is suspected of having sustained a concussion.
- Introduce a 'concussion officer' to be a single point of contact and manage the coordination of matters related to concussion, as they relate to the responsibilities of the Member School.

7.0 Education & Awareness

To foster a safe sporting environment, QGSSSA and member schools will promote awareness of:

- Signs and symptoms of concussion.
- The importance of early recognition and appropriate action.
- The health risks of premature return to play.
- The impact of concussion on both short- and long-term wellbeing.

8.0 Preventative Measures and Training

All QGSSSA member schools are expected to implement proactive measures to reduce the risk of concussion through the following actions:

- Ensure appropriate pre-season training and best-practice preparation activities are conducted, particularly for sports with higher concussion risk.
- Incorporate skill acquisition and physical development activities into coaching and development programs to promote safe technique and injury prevention.

- Implement all sport-specific laws, rules, and regulations designed to reduce concussion risk.
- Provide students with education on the importance of these rules and how they contribute to a safer sporting environment.

7.0 Review

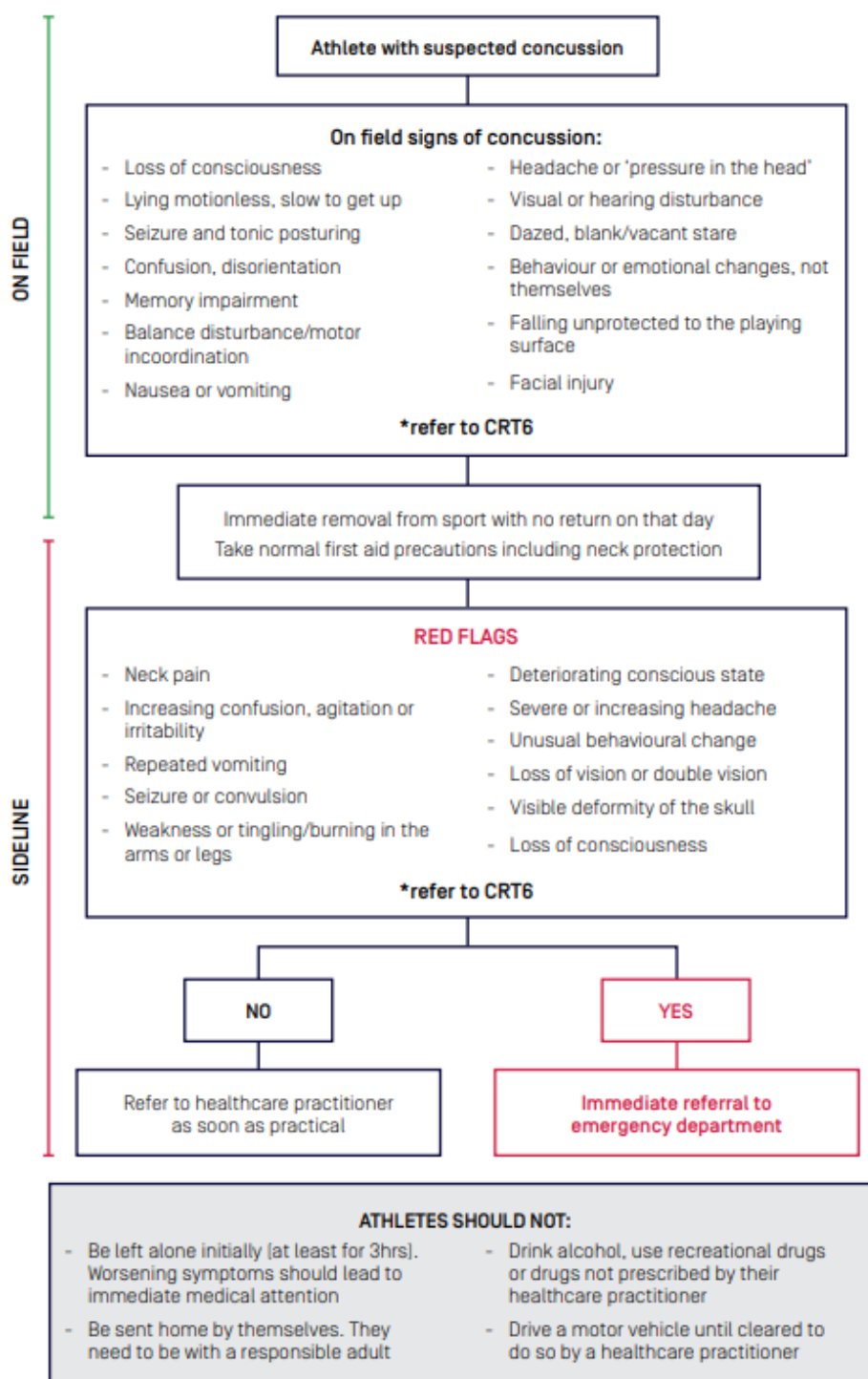
This policy statement will be reviewed annually or as required, in response to updated guidelines from the Australian Sports Commission, Australian Institute of Sport or other recognised authorities.

Together, QGSSSA and its member schools are committed to maintaining the highest standards of care for student-athletes, ensuring that concussion is recognised promptly and managed with the appropriate level of care and caution.

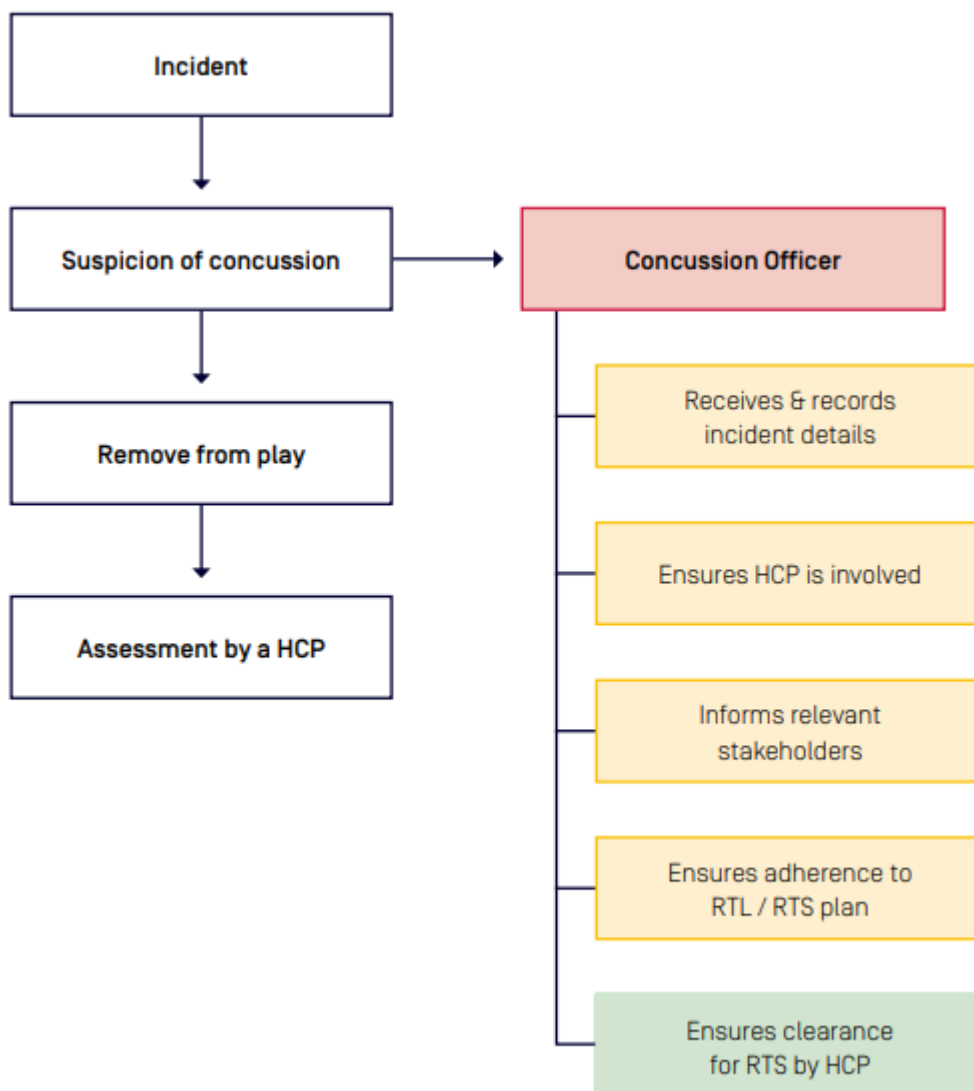
8.0 Definitions

Concussion Officer means a person who is a single point of contact and manages the coordination of matters related to concussion. A concussion officer is not a concussion expert and is not expected to diagnose concussion. Analogous to the role of a ‘fire warden’, the concussion officer ensures that anyone diagnosed with concussion follows the organisation’s agreed concussion protocol. Their job is to be the recipient of information in relation to concussion and to ensure that the concussion protocol is enacted.

Flowchart 1: Non-healthcare practitioner at sporting event where there is a suspicion of concussion (for parents, coaches, teachers, team-mates, support staff



Flowchart 2: Systems for managing the concussed student in the school environment (including for (for parents, coaches, teachers, team-mates, support staff, concussion officer)



VERSION CONTROL TABLE			
VERSION CONTROL	DATE EFFECTIVE	APPROVED BY	AMMENDMENT
1	23/02/2026	Executive	Initial policy document