



Concussion Protocol

V1.1 - Endorsed 2 February 2025

Document Management

Version	Date Reviewed	Content Review	Date Endorsed
1.0	Created Sept 2024	Initial policy drafted	
1.1	17/12/2024	Updated Scope	07/11/2023
		Approved by the Board	02/02/2025

Table of Contents

i	Document Management
1	Purpose
1	Scope
1	Definitions
2-3	Procedure
4	Resources & References
4	Review
5	Appendix 1 - Immediate Management of Concussion

Purpose

This procedure outlines the safe management of Concussion in athletes training and competing under the oversight of Australian Taekwondo Queensland (ATQ). This procedure aligns with the Australian Concussion Guidelines published by the AIS and the Australian Sports Commission

Scope

This protocol applies to:

- The management and staff of ATQ
- All individuals competing in ATQ sanctioned events and Club events
- All individuals training in an ATQ registered Club
- Head instructors, coaches, and members of an ATQ registered club

Definitions

- Concussion: as defined in the Australian Concussion Guidelines.
- Coach: a person who teaches and trains taekwondo athletes.
- Healthcare Practitioner: AHPRA registered medical practitioner

Procedure

Education

- Athletes, parents, coaches, and officials are encouraged to access the information available on the Concussion in Australian Sport website
- Coaches and Officials must be aware of and follow this procedure
- Head instructors must be aware of and ensure this procedure is followed in their Club and by the members of their Club

Prevention

- The incidence of concussion can be mitigated with limiting head contact in training and competition
- Ensuring correct protective equipment is always used

Recognition

- “If in doubt, sit them out”.
- A copy of the CRT 6 (Concussion Recognition Tool) must be provided (?available) to each court at a competition and the medical / first aid team. The medical / first aid team must also have printed copies of the AIS Concussion Referral and Clearance Form
- Follow the Australian Concussion Guidelines (Appendix 1) and CRT 6

Management on Site

- Individuals with a suspected concussion MUST NOT return to training or competition without medical review
- “Red Flags” must result in immediate referral to an Emergency Department - ring 000.
- If there are no “Red Flags” the individual must be referred to a healthcare practitioner as soon as practical using the AIS Concussion Referral and Clearance Form
- All individuals with a suspected concussion must be notified to ATQ by emailing a copy of this form to contact@qldtkd.com.au, to be collated on the ATQ Concussion Register

Medical Assessment & Management

- Assessment as per the [AIS Concussion Referral and Clearance Form](#)
- Management as per the [AIS Concussion Referral and Clearance Form](#) and [AIS Graded Return to Sport Framework for Community and Youth](#)

Clearance & Return to Competition

- All individuals with a suspected or diagnosed concussion must have Clearance Approval via a their completed [AIS Concussion Referral and Clearance Form](#). Note that this requires clearance by a suitably qualified healthcare practitioner
- This must be provided to ATQ via email to admin@qldtkd.com.au, to update the ATQ Concussion Register
- No individual can compete in an ATQ sanctioned event or ATQ Club event without having provided ATQ with the clearance form

Australian Taekwondo & World Taekwondo

- Additional requirements may apply to Australian Taekwondo sanctioned events
- World Taekwondo has additional requirements that apply to G-ranked events. This includes mandatory minimum suspension periods for athletes with concussion. These are outlined in the [World Taekwondo Medical Code](#)

Resources & References

1. Concussion in Australian Sport
2. Australian Concussion Guidelines for youth and community sports
3. CRT 6 – Concussion Recognition Tool
4. AIS Concussion Referral and Clearance Form
5. AIS Graded Return to Sport Framework for Community and Youth
6. World Taekwondo Medical Code 2019

Review

The Concussion Protocol will be reviewed annually.

Appendix 1 – Immediate Management of Concussion

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

