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PO Box 44, Teesdale, Vic, 3328

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Australian Polo Federation Concussion Policy

The Australian Polo Federation (APF) fully endorses the [Concussion and Brain Health Position Statement 2024](#). The Concussion and Brain Health Position Statement 2024 brings together the most contemporary evidence-based information for athletes, coaches, medical & allied health practitioners, parents and teachers, and seeks to protect the integrity of sport through the consistent application of best practice guidelines and, ultimately, improve safety and health outcomes for all who suffer concussive injuries whilst participating in sport.

We encourage all clubs, tournament committees, umpires, officials, players & parents to familiarise themselves with the [Concussion Recognition Tool CRT6](#) and the [Concussion In Sport Website](#)

Concussion Management in Polo

The welfare and safety of players are the top priorities when managing a concussion or potential concussion.

All players who suffer a concussion must seek the highest level of medical care reasonably available and follow an approved [Graded Return to Sport Framework](#) to ensure proper recovery and management.

Players 18 years and under (regardless of the competition they are playing in) cannot:

- return to training until they have completed 14 continuous days symptom free.
- return to full, unrestricted training for at least 18 days after all symptoms and signs have disappeared.
- Players 18 years and under cannot return to play for at least 21 days after all symptoms and signs have disappeared.

Written Clearance must be provided to the relevant State Association and the Australian Polo Federation before a return to polo is permitted.

Adult players, 19 years and over, cannot:

- return to training until they have completed 7 continuous days symptom free.
- return to full, unrestricted training for at least 11 days after all symptoms and signs have disappeared



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- Adult players, 19 years and over, cannot return to play for at least 12 days after all symptoms and signs have disappeared.

Adult players, 19 years and over can see their Health Care Practitioner (HCP) when the signs and symptoms have disappeared and provide written clearance to the relevant State Association and the Australian Polo Federation to permit an earlier return to sport than detailed in the Graded Return to Sport Framework.

A concussion is a serious brain injury that must not be ignored. Any player suspected of having a concussion or displaying signs of a head injury must be removed from play immediately.

“IF IN DOUBT – SIT THEM OUT”

Mark Adamson
Chairman, Australian Polo Federation