


Gymnastics Australia Acceptance of Risk Statement

“Acceptance of Risk” is not “Informed Consent”

Concussion is not acknowledged.




Gymnastics Club

Acceptance of Risk

Upon passing this point you acknowledge and accept that gymnastics can be a dangerous sport and can result in minor injuries, major injuries (including spinal injuries) and even death.

All staff running gymnastic lessons are appropriately qualified to teach the skills and lesson they have been engaged by the club to deliver.

In contrast



USA GYMNASTICS

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USA GYMNASTICS – SPORTS CONCUSSION GUIDELINES

A **concussion care guideline** has been developed, via a collaborative effort of the USA Gymnastics medical staff, using the FIG Concussion Guidelines, to provide a standard for the medical care of gymnasts who have a suspected concussion.
The concussion care policy should serve as a standardized method of assessment to ensure accurate diagnosis and appropriate management for the injured gymnast following a sports concussion.

Purpose
The guidelines cover the recognition, medical diagnosis, and management of gymnasts who sustain a suspected concussion during gymnastics activity. It aims to ensure that athletes with a suspected concussion receive timely and appropriate care and proper management to allow them to return to their sport safely. The guidelines may not address every possible clinical scenario that can occur during sport-related activities but includes critical elements based on the latest evidence and current expert consensus.

Who should use this protocol?
This protocol is intended for use by all individuals who interact with gymnasts suspected of sustaining a concussion injury. It is appropriate for all individuals to be aware of proper protocols and management strategies. Individuals may include: the athlete, parents, coaches, officials, and licensed healthcare professionals.

1. Concussion Policy & Education
USA Gymnastics recognizes that gymnastics is a high-risk sport for concussion and that treating concussion as a serious injury is critical. As part of a comprehensive approach to concussion, a gymnastics club or facility should have a written plan for the proper response to concussion, provide training in this plan to all coaches, and provide concussion education to parents, athletes and coaches. Additionally, medical professionals providing medical coverage for gymnastics training, camps, and/or competitions, should be trained in the consensus approach to the care of a suspected or confirmed concussion event.

Concussion Policy
A USAQ-member club must have a concussion policy that includes their approach to concussion recognition and care. **The concussion policy should be signed by all team parents (if minor athlete) and adult athletes upon registration, and parents should be given a copy.** All coaches must be trained in the club's concussion policy. USA Gymnastics has provided the attached sample policy for reference (Appendix 5). However, club owners should ensure that their policy meets or exceeds all state requirements, as some states have specific requirements for concussion education, care, and policy.

