

What is it?

Sport Australia defines concussion as a brain injury caused by a knock to the head or other parts of the body where the head bears the impact of the force. A fall can also result in a concussion. Concussion involves temporary, neurological impairment. The symptoms may evolve over the hours or days following the injury. While a doctor should assess all concussions, most will resolve without the need for specific treatment. Rest, followed by gradual return to activity is the main treatment.

Concussion can lead to long-term health problems, and repeated concussion increases this risk.

How to recognise it

Recognising concussion can be difficult. Delaying treatment can be fatal. There are several possible symptoms and signs, but they can be hard to recognise. You should suspect a concussion when an injury results in a knock to the head or body that transmits a force to the head. A hard knock is not required.

The Sport Concussion Assessment Tool ('SCAT5') can assist with this process.

Signs and symptoms

The signs of concussion vary and may be difficult to detect. For example, individuals may: •

- seem normal apart from appearing vacant, dazed or stunned
- be unable to recall who the opponent is, where they are or what day it is ask about what happened - amnesia is common
- have difficulty concentrating and answering specific questions.







This Code of Conduct outlines a set of guiding principles on expected standards of behavior for every person involved. This includes every member, participant, trainer, official, administrator, parent or volunteer while representing the VABL at an endorsed event, training or in a social environment. All should demonstrate the principles of integrity, respect, responsibility, fairness and safety in everything they do.

Integrity

- being honest, fair, respectful, trustworthy, reliable, open and transparent in dealings with others
- avoiding any real or perceived conflicts of interest
- striving to earn and sustain a high level of community trust and goodwill
- not engaging in, or advocating the possession and use of banned performance enhancing substances or methods, or illicit drugs • not participating in or encouraging action that may jeopardize the integrity of boxing, including match-fixing, illegal sports betting and other forms of corruption.

Respect

- treating everyone involved in the sport in a considerate, objective and courteous manner with proper regard for their rights, dignity and worth
- refraining from any form of discrimination, harassment, bullying, abuse, child abuse, intimidation, victimisation or vilification of others, including on the basis of age, race, sex, disability, sexuality, gender identity or religion
- recognising and valuing the contribution of all to the sport, including volunteers, trainers, officials and administrators who give up their valuable time to make the sport possible.



Responsibility

- considering and accepting the consequences of one's actions and decisions
- being a positive role model by displaying self-control, respect, care and diligence towards all involved in boxing • complying with the Victorian Child Safe Standards (2022)
- understanding the consequences of this Code of Conduct breaches and reporting as appropriate.

Fairness

- understanding and competing by the rules of the VABL and in the spirit
 of the sport *(link to rule book) being informed, consistent, impartial,
 just and reasonable in dealings with others
- being a 'good sport' by encouraging and praising fair play over winning at all costs
- ensuring a 'fair go' for people of all abilities to be involved in boxing.

Safety

- providing a safe, welcoming and inclusive environment that places the health, welfare and wellbeing of participants above all else • taking all reasonable steps to ensure equipment, facilities and programs meet health and safety standards and are appropriate for the age and ability of participants
- being aware of and supporting policies and practices in relation to injury, concussion management and return to boxing, showing concern and caution towards others who may be sick or injured and immediately reporting any safety issues to appropriate authorities.







If you think you are a victim or you see someone else involved that is relatively affected by this code of conduct whether as the violator or the receiving end, if you have concerns, questions, reactions, or ways on wanting to improve the community, please do not hesitate to get in touch with the VABL Your privacy shall be highly respected.

Persons violating this code will be subject to disciplinary action which may include reprimand, warning, suspension or dismissal from the V.A.B.L.I Any disciplinary action will be decided by the executive committee and their decision is final.

The Professional Boxing and Combat Sports Board ("the Board") considers a Official to be:

- a person who supervises the training or instruction of a professional contestant;
- a person who supervises the training or instruction of a person training and sparring with a view of attaining a professional competitive level of skill and expertise; or
- a person who accompanies a professional contestant into the ring or to the contest arena to give advice or assistance during a contest.

A Officials must at all times:

- promote, protect, and consider the health and wellbeing of professional contestants;
- encourage contestants to follow medical advice received from a medical practitioner;
- follow good practice industry standards around providing a safe environment and safe facilities for those persons training in preparation for professional contests; and



 follow good practice industry standards around providing a safe environment and safe facilities for those persons training with a view to attaining a professional competitive level of skill and expertise.

A Official must not engage in any of the behaviors set out below:

- violent, threatening, obscene, indecent or abusive language or behavior;
- vilification of any kind towards another person;
- discrimination against another person based on their age, gender or sexual orientation:
- discrimination against another person based on their race, culture, religion or any other irrelevant personal characteristic;
- sexual harassment, intimidation or victimisation of another person; and/or
- conduct that is detrimental to the reputation or interests of the boxing or combat sports industries.

Any licensed trainer who is involved in conduct which is inconsistent with the behaviors set out in this Code may be in breach of this Code. A breach of this Code may result in cancellation or suspension of a trainer's license.

If you have any questions or require further information about your obligations under the Act, please contact the Combat Sports Unit on (03) 9623 1183.