

# CONCUSSION INCIDENTS

Concussion-related incidents reported via UPLOADS from September 2018 until January 2026

## What is a concussion?

A concussion is a mild brain injury caused by a blow to the head or body that makes the brain move rapidly inside the skull, leading to a temporary disturbance in brain function.



## What are common symptoms of a concussion?

**Physical:** headaches, neck pain, dizziness and postural instability

**Cognitive:** vision changes, memory impairment

**Emotional:** depression, anxiety

Other symptoms may include sleep disturbances, vision changes, and fatigue. Of note, symptoms may take 1-3 days to manifest.

## 137 reported incidents involved a concussion or suspected concussion

### Top 5 activities where a concussion/suspected concussion occurred:

*Bushwalking: 21*

*Campsite (tents, toileting): 14*

*Down Time: 11*

*Cycling (Track): 9*

*Low Ropes Course: 7*



### Top 5 contributory factors for concussions/suspected concussions:



**Participant - Decisions:** 31 (e.g., judgement error)

**Environment - Terrain:** 22 (e.g., uneven ground)

**Participant - Experience:** 15 (e.g., inexperience with a task)

**Participant - Knowledge:** 9 (e.g., lack of instruction received)

**Resources - Equipment/Clothing:** 8 (e.g., not wearing helmets)

## Led outdoor activity providers can improve the reporting and management of concussion incidents by:

Understanding concussion is not limited to high-risk activities



Adopting a standardised concussion screening and monitoring protocol



Continuing to monitor suspected concussions for 1-3 days after the incident, as symptoms can take time to appear



Knowing concussions can occur during regular program delivery, not just when there are extreme conditions



Understanding recovery is variable and symptoms are often under-reported



**Australian National Incident Dataset**

Matthew Morrison, Jolene Cox, Gemma Read, Scott McLean, Caroline Finch, Paul Salmon  
Data are reported from the National Incident Dataset with UPLOADS reporting restrictions applied

While these incidents were reported as being concussions, they may not have been formally assessed and confirmed as such through concussion testing protocols.