

MEDIA STATEMENT – ABC Australian Story
16 October 2025

Question: What support does AusCycling provide for BMX athletes who sustain concussion injuries?

(Note: AusCycling is responsible only for Australian-run competitions.)

In high performance settings and competitions, BMX athletes are managed in accordance with both UCI and AusCycling concussion protocols, under the supervision of the Australian Team Doctor. If a Team Doctor is not travelling with the team, initial medical management is provided by on-site medical personnel following UCI protocols. This may include referral to hospital care if clinically indicated. If the athlete is overseas, care is coordinated with the Team Doctor, the Chief Medical Officer, or a trusted local medical practitioner near the athlete.

Post-injury follow-up is coordinated with the AusCycling Chief Medical Officer or Team Doctor. This may initially occur remotely and, once the athlete returns to Australia, may include face-to-face assessment with a National Institute Network doctor or a local healthcare provider.

To assess the injury and monitor recovery, evidence-based tools such as the SCAT (Sport Concussion Assessment Tool) or Cognigram testing may be used. All protocols are aligned with international consensus statements, Australian Institute of Sport (AIS) guidelines, and UCI regulations to ensure best-practice care.

In a community or club competition setting, through a requirement for medical review in the case of any potential concussion and in the case of a confirmed concussion, there is a mandatory three-week graded return to competition and medical approval prior to return. AusCycling supports athletes and participants by providing access to a comprehensive resource library on concussion. This includes materials from trusted sources such as the Australian Institute of Sport (AIS), the Union Cycliste Internationale (UCI), and leading medical organisations. All coaches and officials are required to complete mandatory training on concussion protocols to ensure they are equipped to recognise and manage potential concussion incidents. In addition, AusCycling has developed cycling-specific resources for first responders, enabling the broader community to respond to suspected concussions promptly and effectively. [Concussion | AusCycling](#)

Question: What support does AusCycling provide when the effects of concussion extend beyond competition?

In high-performance settings, when the effects of a concussion continue outside of competition, follow-up care is coordinated based on the athlete's location. If the athlete is in Australia, follow-up is arranged through a local doctor within the National Institute Network. If the athlete is overseas, care is coordinated with the Team Doctor, the Chief Medical Officer, or a trusted local medical practitioner near the athlete. The same evidence-based concussion protocols apply both during and outside of competition to ensure consistent and safe management of the injury.

In community settings, AusCycling applies the same concussion protocols during training as it does in competition. Athletes, coaches, and support personnel are provided with consistent resources and guidance to manage concussion risks effectively, regardless of the setting.

We note that AusCycling issued new guidelines in 2024 imposing stricter rules about competing after athletes sustain concussion injuries during competitions.

In 2024, AusCycling introduced updated guidelines that impose stricter regulations on athletes returning to competition following a concussion. These changes align with the latest evidence-based practices outlined in the *Concussion and Brain Health Position Statement* released by the Australian Institute of Sport (AIS) in February 2024. That statement incorporates findings from the most recent International Consensus Statement on Concussion in Sport. In response, AusCycling formally acknowledged the AIS guidance and revised its concussion management protocols accordingly. These updates were made with a clear and primary focus: safeguarding the health and wellbeing of athletes in all aspects of concussion management.