

Concussion Policy & Guidelines

Concussion is the most common form of brain injury and must be taken seriously.

A concussion can be caused by a direct blow to the head but **can also occur when a player takes a hard knock to another part of the body**, resulting in a rapid movement of the head, causing a disturbance of brain function.

1. Recognise the symptoms:

- Visual clues that suggest possible concussion include lying motionless, inability to get up or stumbling.
- Common symptoms of concussion include headache, dizziness, memory and balance problems.
- Others include confusion, nausea, blurred vision, sensitivity to light, feeling groggy, just “not feeling right” or even pressure in the head.

2. React:

There will often be reluctance from players to leave the field of play and so this decision must be taken out of their hands.

Therefore, it is the responsibility of the coach/parent/guardian/referee to remove the player from training/matches.

It may be necessary to call an ambulance.

Parents/Guardians should seek medical advice if there is a concern that a player has suffered concussion. Any player with suspected concussion should be assessed and monitored.

If a player returns to training/matches with a concussion they put themselves at risk of suffering post-concussion syndrome resulting in a long-term endurance of a collection of concussion symptoms, including headaches, depression, personality change, memory and concentration problems, sleep disturbance and mood swings.

Return to play can only be allowed after the player has been passed as medically fit.