



Concussion Policy

Concussion is a mild brain injury caused by trauma that can result in temporary alteration in brain function.

Symptoms of concussion may include:

- Headache
- Dizziness
- Fatigue
- Ringing in the ears
- Neck pain
- Loss of consciousness (over 90% do not lose consciousness)
- Nausea
- Vomiting
- Altered vision
- Memory Disturbance
- Pressure in the head

Any player suspected of having sustained a concussion should be immediately removed from play & assessed by the designated First Aid volunteer (or one of the coaches if an incident occurs at training where no First Aid volunteer is in attendance).

First Aid volunteers & coaches should be guided by the AFL's *Pocket Concussion Recognition Tool* (CRT) when assessing a player for signs of concussion.

Players, parents & coaches must at all times respect & follow the instructions given by the designated First Aid volunteer &/or Team Manager. **IF IN DOUBT, SIT THEM OUT!**

Any child or player suspected of having concussion:

- should not be left alone & should be monitored for symptoms by a responsible adult for at least four hours
- should rest from all activity for 24 hours
- can use paracetamol for headache (although this may not be effective)
- should not return to sport until medical clearance has been obtained
- should refrain from using screens for 48 hours

A player who demonstrates **any red-flag signs or symptoms** should be taken to hospital immediately for assessment. Red flag signs include:

- Worsening headache
- Drowsy/ can't be woken
- Seizure
- Double vision
- Slurred speech
- Bruising behind ears, black eyes or very tender points on face/skull
- Nausea & vomiting
- Unsteady on feet
- Memory trouble or confusion
- Unusual irritable behaviour
- Weakness tingling or numbness in arms or legs
- Inability to remember events 30 minutes prior to or 30 minutes after incident

The closest hospital Emergency Department to ESJFC home grounds is:

Sandringham Hospital, 193 Bluff Road, Sandringham.

A child with concussion who returns to sport whilst still symptomatic is at increased risk of further injury therefore no player who has concussion, or is suspected of having concussion, should return to sport (training or play) until cleared by a doctor.
“The Management of Concussion in Australian Football” guide.

The Club must receive written medical clearance before a child/ player who has sustained a concussion or is suspected of having sustained a concussion, can return to full-contact training or play. A copy can be forwarded to your child’s Team Manager or to the First Aid Coordinator at: firstaid@gozebs.com

The ESJFC recommends that any player diagnosed with concussion should not return to play or full-contact training for a period of two weeks after the resolution of symptoms due to the increased risk of further injury should another knock occur during this timeframe, however the Club will follow the guidance of the player’s medical practitioner.

After concussion a graduated return-to-play program is advised, for example:

Stage	Activity	Min. Time	Examples
1	No activity	24 hrs	Rest from physical activity, school work, computers & screens
2	Light aerobic activity	24 hrs	Walking, swimming, exercise bike
3	Light non-contact activity	24 hrs	Running, ball work
4	Non-contact training	24 hrs	Increased intensity of running, ball & skills work
5	Contact training	24 hrs	ONLY AFTER MEDICAL CLEARANCE Two weeks after incident recommended
6	Return to competition		ONLY AFTER MEDICAL CLEARANCE Two weeks after incident recommended

- If at any time symptoms recur, return to the previous stage
- Return to sport is not advised until the player has returned to school/ learning without worsening of symptoms
- RETURN TO SCHOOL TAKES PRECEDENCE OVER RETURN TO SPORT

More information can be found at:

- www.aflcommunityclub.com.au/index.php?id=66
- completeconcussions.com

Any concerns or questions regarding the *ESJFC Concussion Policy* can be directed to the First Aid Coordinator at: firstaid@gozebs.com