



# CONCUSSION POLICY

## KDNA CONCUSSION POLICY

### 1) What is sports related concussion?

Concussion is an injury to the brain caused by impact to the head OR to the body where force is transmitted to the head. It can result in a range of symptoms and signs that may or may not involve loss of consciousness. Symptoms may present immediately or evolve over minutes or hours. Any player with a suspected concussion must be closely monitored for worsening effects and be assessed by a medical practitioner as soon as possible after the injury.

### 2) What to do in the event of a suspected concussion?

All suspected concussions require a cautious approach and the player removed from the play immediately. Coaches, Managers and Primary Caregivers (including parents/guardians) all have a role in recognising and managing concussion. The most important components of initial management are;

- Recognise a suspected concussion
- Remove the player from the Court
- Refer the player to a medical practitioner for assessment

The Concussion Recognition Tool 6 (CRT6) is recommended to help NON Health Care Practitioners recognise the symptoms and signs of concussion. The 20 symptoms listed in the CR6 are:

Headache, Sensitivity to light, Nervous/Anxious, Pressure in head, Balance problems, Nausea/Vomiting, Drowsiness, Sensitivity to noise, Fatigue/Low Energy, More emotional, Neck pain, Difficulty concentrating, Difficulty remembering, Feeling slowed down, “don’t feel right”, Dizziness, Blurred vision, Sadness, More Irritable, Feeling “like in a fog”.

This brief assessment is NOT designed to replace a comprehensive medical assessment and a suspected concussion needs to be reviewed by a Health Care Practitioner at the earliest opportunity.

Any player who has a suspected concussion MAY NOT return to play in the same match or training session.

### **3) Return to play after a Concussion**

The important stages for a graded return of a player that has suffered a concussion, include:

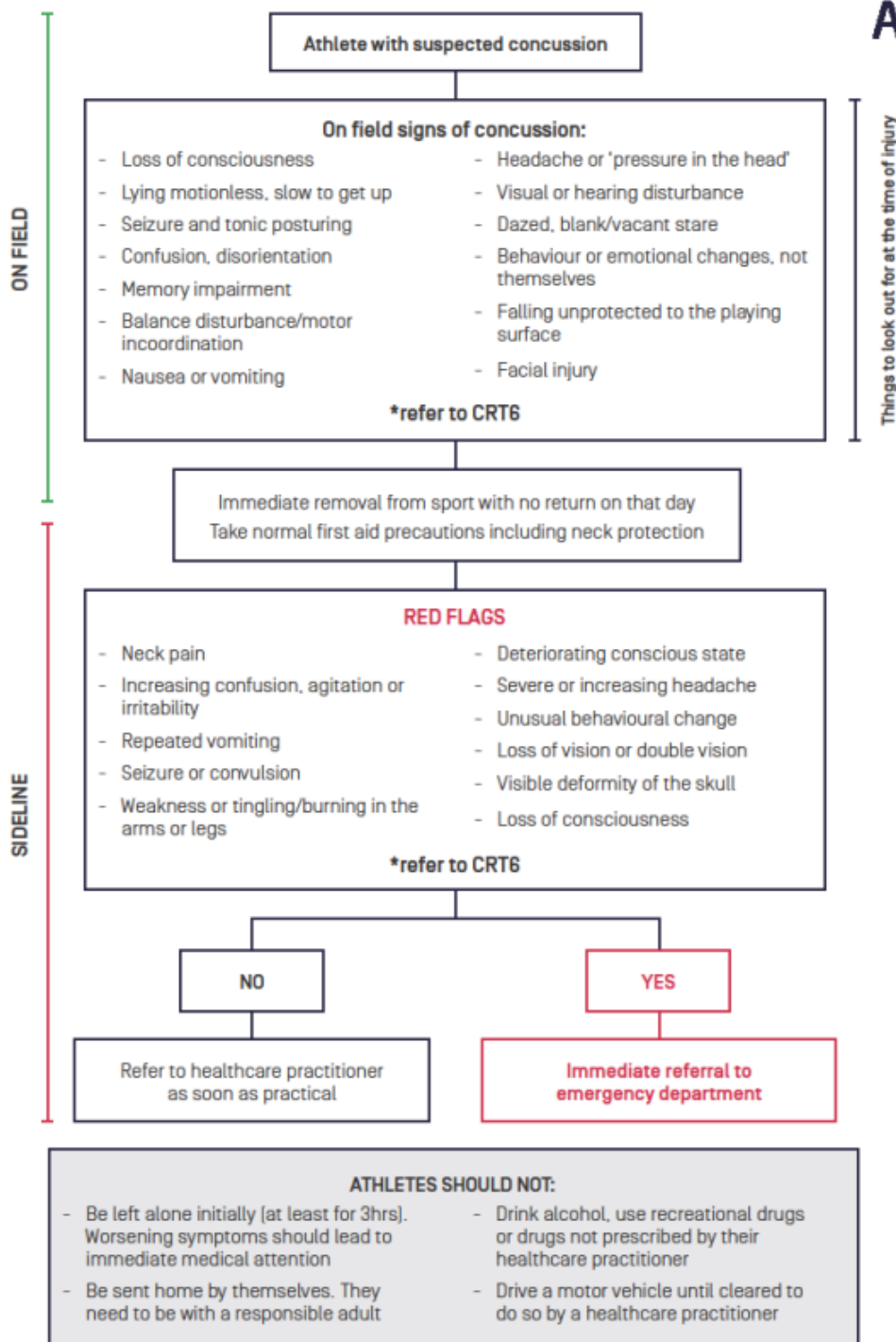
1. A brief period of relative rest for 24-48 hrs
2. A period of recovery
3. A graded loading program (with medical clearance required before full training)
4. Unrestricted return

**PLEASE NOTE A MINIMUM OF 21 DAYS UNTIL THE RESUMPTION OF COMPETITIVE SPORT IS REQUIRED (INCLUDING 14 DAYS SYMPTOM FREE)**

Children and adolescents take longer to recover from concussion than adults. A more conservative approach should be taken with those under 19 years of age.

Attached are 2 flow charts from the AIS in the dealing with suspected concussion and the graded return after a concussion.

# NON-HEALTHCARE PRACTITIONER *ON FIELD* CONCUSSION RECOGNITION DECISION TREE



# GRADED RETURN TO SPORT FRAMEWORK

Each stage, highlighted in orange or green below, should be at least 24 hours and symptoms should return to baseline prior to commencing the next activity or stage.

