# CONCUSSION MANAGEMENT POLICY

Concussion is a disturbance in brain function caused by direct or indirect force to the head, face, neck or elsewhere with the force transmitted to the head. When it occurs a player may experience symptoms and temporary loss of some brain skills such as memory and thinking abilities. ***A player does not have to be knocked out to have a concussion.***

It is important for all stakeholders (parents, players, coaches, sports trainers, medical team, etc.) to be aware of signs and symptoms of concussion which are often subtle.

The priority remains the short - and long- term welfare of the player. These guidelines are to be adhered to at all times.

The AFL Medical Officers’ Association, AIS and AMA have issued new guidelines to manage concussive episodes sustained during activities.

This policy is based on those guidelines and is shown below:

## Management of Concussion

The following 3 steps will be implemented in the initial management of concussion within our club:

* 1. **Recognising a suspected concussion**  
     The sports medicine, sports trainer or first aid personnel present will assess a player suffering a suspected concussive episode at trainings and during games.  
       
     The ‘Concussion Recognition Tool 5’ (CRT5) will be used to assess for the signs and symptoms of a suspected concussion. Our club personnel will be educated in the use of the CRT5 Tool and attend regular updates on concussion management.
  2. **Removing the player from the game**  
     If the player presents with any signs and symptoms of concussion as indicated by the CRT5 that player is removed from training or game and not allowed to continue playing or training that day.  
       
     If in doubt then the player will be removed from training or games until reviewed by a doctor.
  3. **Referring the player to a medical doctor for assessment**All players with concussion or suspected concussion need an urgent medical assessment (with a registered medical doctor).  
       
     The player shall not be allowed to resume training or playing again until a written clearance from a doctor has been received by the Club’s Football Director. The doctor is required to clear the player utilising the SCAT 5 or Child SCAT 5 Assessment Tool.  
       
     If no concussion is determined by the doctor, then the player can return to training and play.  
       
     If a concussion is determined by the doctor to have been present, then the player may only return to training or the game upon providing the Club’s Football Director with a written clearance from the registered medical doctor.

## Return to Play

The player must obtain a medical clearance before being eligible to partake in physical activity whether it be training or playing.

**The Pulteney Football Club** states that no player may return to play for at least one week after being diagnosed with a concussion or suspected concussion.

**AIS / AMA Guidelines** state that any player under 18 must not return to play for at least 14 days from the original medical clearance date.

**Child SCAT5** states that children between the ages of 5 – 12 should undergo a graduated return to school.