



## Concussion Policy

Concussion is a brain injury and needs to be identified as such. Concussion may be caused by either a direct or indirect blow to the head, face, neck or body causing an impulsive force transmitted to the head.

It is important for everyone involved in our club to be aware of how to recognise concussion, and how to manage it properly.

If concussion is suspected, the First Aid Trainer is to ensure the Player does not return to the game. The First Aid Trainer is to instruct the parents/guardians of the player to take the player to their GP, or local hospital's Emergency Department at their earliest convenience. Concussion cannot be left to heal on its own.

The suspected concussion must be written up in the Injury Report and presented with the team's paperwork at that round's Match Reports.

The Team Manager must maintain contact in the following week with the parents/guardians of the player to enquire on the player's recovery and keep the Trainer Co-ordinator updated.

The player cannot play in the following round after concussion has been confirmed. They must have the week off.

The player must be cleared by their GP, a note from the GP provided to the TM and have returned to school fulltime before the player can recommence games at Mordi-Brae JFC.

Additional resources to manage the recovery of concussion, can be found at:

<http://www.aflcommunityclub.com.au/index.php?id=66>

<http://sma.org.au/resources-advice/concussion/>