



EXTRACURRICULAR SPORTS CONCUSSION GUIDELINES POLICY

Policy Number	N/A
Implemented	2016
Evaluated	2020
Next Evaluation	2023
Evaluation Group	SDC
Evaluation Frequency	3 years

1. RATIONALE

This Policy is designed to provide best practice guidelines for optimum student safety in the management and prevention of concussion and head injuries to students participating in extracurricular sports.

2. AIMS

The aim of this policy is to ensure every effort is made to for the safety and wellbeing of students during sport. This policy will assist non-medical personnel in creating a safe playing environment for all students by providing a process for decision making with regard to concussion.

3. BROAD POLICY

All Coaches/Volunteers must act in the best interests of student safety and welfare by taking responsibility for the recognition of head injuries, removal from play and referral of players with suspected head injuries, to a medical practitioner.

4. GUIDELINES

The management of concussion should take place as follows:

- **Recognise** – Recognise suspected or recognised through visual signs or reported symptoms. The pocket SCAT2 Assessment Tool provided within this policy will assist in identifying signs and symptoms.
- **Remove** – any player with a suspected concussion or head injury **must** be removed from the field of play immediately. Remember “if in Doubt, Sit them Out”.
- **Refer** – If any player has a suspected head injury or concussion, their parent or caregiver must be notified, and it must be recommended that they see a medical practitioner as soon as possible to be properly assessed and cleared of any concussion.
- **Rest/Recover** – Any player showing signs or symptoms of concussion should rest until all signs and symptoms have resolved. Until cleared by a medical practitioner, these players should not partake in further physical exercise.
- **Return** – Once there are no remaining symptoms, no medication is required, and medical practitioner clearance has been provided, the player may return to train and play, ensuring gradual return to play for any contact sport.

As concussion symptoms may not appear straight away, it is crucial to notify parents and caregivers of any head knock and any symptoms to be monitored.

5. PROCEDURE

5.1 Any player suspected of having suffered a head injury/concussion or who is knocked unconscious shall:

- be assessed by a Senior First Aid Officer at the venue.
- be assessed by any member of the team's management using the Pocket SCAT2 assessment tool, preferably within 10 minutes of the incident occurring. Note: the use of the SCAT2 Assessment Tool requires no medical training.

A Student Accident Report form must be completed and submitted to the Sports Development Coordinator as soon as possible and at latest, by the next school day.

5.2 Any player who fails the SCAT2 Assessment should:

- NOT be returned to the field of play.
- have the incident reported to the umpire or centre facilitator to enable the incident to be recorded in the match report.

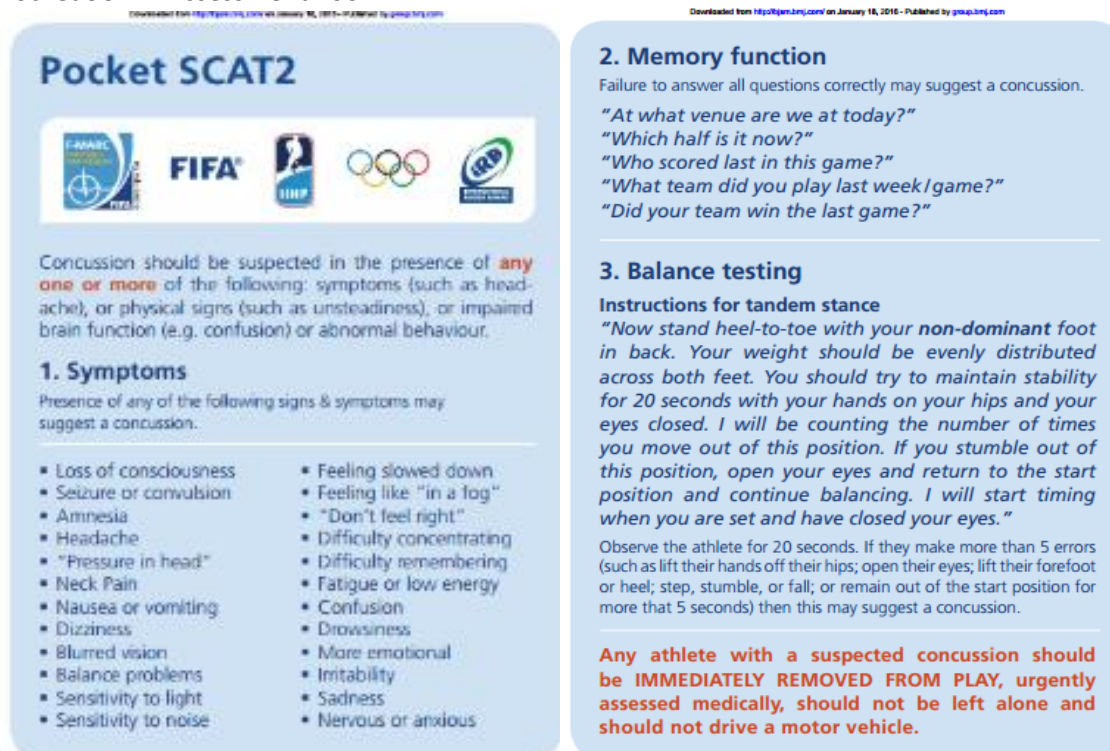
A Student Accident Report form must be completed and submitted to the Sports Development Coordinator as soon as possible and at latest, by the next school day.

5.3 Any player who has failed the SCAT2 Assessment will **be ineligible to return to sport until the Sports Development Coordinator has received a medical certificate clearing the student to return to physical activity.**

5.4 Any player who suffers a concussion should, on the first day of the incident:

- not drive a motor vehicle
- not be left alone
- seek immediate medical attention if they:
 - are unconscious for longer than 5 minutes;
 - develop visual disturbances;
 - are confused;
 - develop nausea/vomiting;
 - have a headache not responding to paracetamol or ibuprofen.

5.5 Pocket SCAT2 Assessment Tool:



Pocket SCAT2

Downloaded from <http://www.gosp.org.uk> on January 16, 2016 - Published by [gosp.org.uk](http://www.gosp.org.uk)

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Concussion should be suspected in the presence of **any one or more** of the following: symptoms (such as headache), or physical signs (such as unsteadiness), or impaired brain function (e.g. confusion) or abnormal behaviour.

1. Symptoms

Presence of any of the following signs & symptoms may suggest a concussion.

- Loss of consciousness
- Seizure or convulsion
- Amnesia
- Headache
- "Pressure in head"
- Neck Pain
- Nausea or vomiting
- Dizziness
- Blurred vision
- Balance problems
- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Feeling like "in a fog"
- "Don't feel right"
- Difficulty concentrating
- Difficulty remembering
- Fatigue or low energy
- Confusion
- Drowsiness
- More emotional
- Irritability
- Sadness
- Nervous or anxious

2. Memory function

Failure to answer all questions correctly may suggest a concussion.

"At what venue are we at today?"
"Which half is it now?"
"Who scored last in this game?"
"What team did you play last week / game?"
"Did your team win the last game?"

3. Balance testing

Instructions for tandem stance

"Now stand heel-to-toe with your non-dominant foot in back. Your weight should be evenly distributed across both feet. You should try to maintain stability for 20 seconds with your hands on your hips and your eyes closed. I will be counting the number of times you move out of this position. If you stumble out of this position, open your eyes and return to the start position and continue balancing. I will start timing when you are set and have closed your eyes."

Observe the athlete for 20 seconds. If they make more than 5 errors (such as lift their hands off their hips; open their eyes; lift their forefoot or heel; step, stumble, or fall; or remain out of the start position for more than 5 seconds) then this may suggest a concussion.

Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, urgently assessed medically, should not be left alone and should not drive a motor vehicle.

6. ACCEPTANCE FORM

By signing this completed form, I confirm that:

- I have read and understand the above Extracurricular Sports Concussion Guidelines Policy.
- I understand the seriousness and possible implications of head injuries and concussions.
- I acknowledge my responsibility as coach/manager to act in the best interests of student safety and welfare at all times.
- in the event of any suspected head injury, I will follow the guidelines outlined in this policy.
- I will not allow any player who has failed the SCAT2 Assessment to return to the field of play until appropriate clearance is provided by a medical practitioner.
- in the event of any suspected head injury, I will take responsibility for notifying the College Sports Development Coordinator and submit a Student Accident Report form as soon as possible.

SIGNED:

Received by Coach/Manager:

Signature

Name

Date

Authorised by Sports Development Coordinator:


Signature

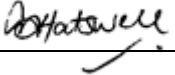
Name

Date

7. EVALUATION

The Sports Development Coordinator is responsible for the evaluation of this policy, which will take place every 3 years. They may wish to seek opinions from other staff, parents and students as to the effectiveness of the policy.

Signed  Principal or delegate Dated: 02/07/2020

Signed  Chairperson of Board or delegate Dated: 19/08/2020