

Concussion

Procedure:

Concussion

What is concussion?

Temporary disturbance in brain function caused by trauma.

Signs to watch out for

- blurred vision
- headache
- nausea
- dizziness
- Memory loss
- aggression
- lability
- altered behaviour – decreased concentration, unable to think clearly

Advice (given to someone other than the concussed player)

- No alcohol
- No driving
- no medication

Someone to stay with them at all times over the next 24 hours

- Need to get a medical clearance before they can play or fully train
- Need to clear each level before they can move to the next level, ie. normal ADLs
symptom free → light aerobic exercise eg bike → running → light training no contact
→ full training → play.

Player advised to go to the hospital if – symptoms worsen

- numbness/weakness
- prolonged confusion >30 mins
- loss of consciousness >1 minute
- persistent vomiting/increasing headache
- children under 18
- high risk patients (blood disorders)
- if there is any doubt

Our stand

1. Any player with concussion symptoms gets removed from the field for further assessment;
2. Player is continually monitored throughout game
3. Player does not go back on if:

– They lose consciousness

– symptoms last more than 5 minutes

– symptoms are worsening

– if they have had a recent concussion or a history of concussions

– failed SCAT

Players who are/were not allowed back on must get a medical clearance prior to full training