



Concussion Policy

Purpose:

This policy is to give guidance to coaches, team managers and parents on how to recognise and treat concussion in children, adolescents and adults.

The Guidelines

Head impacts can be associated with serious and potentially fatal brain injuries.

In the early stages of injury, it is often not clear whether you are dealing with a concussion or there is a more severe underlying structural head injury. For this reason, the most important steps in initial management include:

1. Recognising a suspected concussion;
2. Removing the player from the game;

and

3. Referring the player to a medical doctor for assessment.

Any player who has suffered a concussion or is suspected of having a concussion must be medically assessed as soon as possible after the injury and must NOT be allowed to return to play in the same game/practice session.

REMEMBER: players can and do develop concussion symptoms in the hours and days post the initial injury.

Procedure:

Brunswick Lacrosse uses the AFL Concussion Recognition Tool 5 to help identify concussion in Children adolescents and adults

- [Pocket Concussion Recognition Tool \(CRT\)](#)
- [Head Injury Assessment Form](#)
- [Community Concussion Guidelines](#)

For use by Medical Professionals only

<https://bjism.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097492childscat5.full.pdf>

The coach, team manager or a trained first aider should use the concussion Recognition tool 5 (stored in the scoresheet box) to assess the person. Or use Headcheck App.

If there is any head knob during the game the player should be removed from the game to be assessed.

If the player is a junior, the Parents/Guardian should be notified if not at the game.

If Concussion is suspected seek medical attention from a trained healthcare professional who can physically examine the individual and provide appropriate medical advice, diagnosis and treatment.

After treatment is concluded the coach/ team manager should be notified that the person can return to play.

CONCUSSION MANAGEMENT

Concussion is a brain injury that requires a cautious and informed response by Trainers, medical professionals, and parents. If you suspect your child is concussed, or has had concussion confirmed, please refer to documents below. Follow all medical guidelines, and do not allow your child to return to their normal sporting activities without medical clearance by your doctor.

[Concussion Guidelines for PARENTS](#)

[RCH Fact Sheet "Head Injury- Return to School & Sport \(for Parents\)](#)

In the guidelines it suggests that a person should be cleared by a doctor before returning to training and playing.

There is a Scat 5 test that can be performed by a doctor to test for concussion but not all doctors perform this test.

Other club members have used these doctors :

Australian Sports Doctors

Suite 3 Level 5 10 Martin St Heidelberg 3084 Ph: 94551112

www.sportsdocs.com.au

Signed: Brunswick Lacrosse Committee

Date: 12/6/2021 Review: 30/1/2022