



Bay Olympic Policy & Guideline on Concussion

1. Purpose

This Policy & Guideline was developed by Dr Clayton Brown Orthopaedic and Trauma Surgeon BHB, MBChB, FRACS (Ortho), FNZOA, to provide members with guidelines to identify signs of concussion and the steps that must be taken if signs are observed.

2. Policy

Concussion should be suspected if ONE OR MORE of the following signs, symptoms or problems with memory are present:

Visible clues of suspected concussion (one or more):

- loss of consciousness or responsiveness
- lying motionless on ground or slow/unsteady when getting up
- unsteady on feet/balance problems/lack of coordination
- clutching of head or neck
- dazed, blank or vacant look
- confused in general

Signs and symptoms of suspected concussion (one or more):

- seizure/convulsion
- balance problems
- nausea or vomiting
- drowsiness
- irritability
- change in emotional state
- feeling of sudden fatigue
- nervous/anxious
- memory problems
- headache
- dizziness
- vision problems
- neck pain
- difficulty concentrating
- feels 'foggy'

Memory Function (failure to answer ANY of the following correctly):

- "What ground are we at?"
- "Which half is it?"
- "What is the current score?"
- "Who did you play last week?"
- "What was last week's score?"

ANY ATHLETE WITH A SUSPECTED CONCUSSION should be IMMEDIATELY REMOVED FROM PLAY and should NOT be returned to activity until assessed by a medical doctor. They should NOT be left alone or allowed to drive a vehicle until medically cleared by a doctor. They should not return to play in subsequent matches until medically cleared by a doctor.

Red Flags:

If ANY of the following are reported then the player should be removed from the field unless appropriate medical assessment is on hand in the form of a qualified medical practitioner.

If no medical practitioner is available, then consider transporting by ambulance for assessment after removal from the field of play.

- neck pain
- confusion or irritability
- vomiting
- seizure/convulsion
- weakness/tingling/burning of arm(s)
- deteriorating conscious state
- severe or increasing headache
- behaviour change
- double vision

Remember: If NO medical practitioner is present:

- do not move the player's neck if unconscious or groggy
- turn the player into recovery position whilst supporting neck until appropriate help arrives
- if player unconscious, do NOT move the player from the field until medical supervision arrives.

3. Review

This policy was reviewed and approved by the Executive Committee on 29 September 2021. It will be reviewed annually. The next review will be in September 2022.