

## WAFC POL.12: Concussion Policy

### GENERAL INFORMATION

Lead Area:	WAFC Community Football
Lead Procedure Title:	Concussion Policy
Procedure Reference Number:	WAFC POL.12
Adapted by:	TM.
Last Modified:	21 January 2019

### POLICY BACKGROUND

The West Australian Football Commission is committed to the health and safety of all people who play the game of Australian Football in WA. Concussion is a brain injury that occurs from impact to a player's head, either through collision with another player (which includes whiplash from body contact) or with the ground. Whilst the skull is in place to protect the brain, in a high impact collision, the brain can move back and forward within the skull causing temporary dysfunction.

### 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;
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. There should be an accredited first aider at every game and the basic rules of first aid should be used when dealing with any player who is unconscious or injured.

### MANAGEMENT GUIDELINES FOR SUSPECTED CONCUSSION

RULE	DESCRIPTION OF ACTION	
1.	Presence of any concussion symptoms or signs (e.g. stunned, confusion, memory problems, balance problems, headache, dizziness, not feeling right)	
2.	Implement first aid management protocol, including cervical spine immobilisation	
3.	Remove from the ground and assess using pocket CRT (Concussion Recognition Tool)	
4.	Presence of any factors for urgent hospital referral (e.g. confusion, vomiting, worsening headache).	
	<b>YES</b> Call for ambulance and refer to hospital	<b>NO</b> Do not allow player to return to play. Refer to medical doctor for assessment (at venue, local general practice or hospital emergency department)

### HEADCHECK CONCUSSION APP

The Headcheck Concussion App continues to help Trainers, Coaches and Parents/Guardians recognise the symptoms of a suspected concussion and its severity through a series of concise questions and observations to quickly identify whether a child's head injury requires an ambulance, hospital, or a GP visit. The App also assists Parents/Guardians in managing their child's recovery program based on the symptoms displayed as well as guide the Parents/Guardians on their child's safe return to school, training and games.

The Headcheck Concussion App can be downloaded for free on both Apple and Android devices. For more information about the app, please visit [www.headcheck.com.au](http://www.headcheck.com.au)