



# Kingsley Junior Football Club (inc)

## CONCUSSION POLICY

---

As a background to the policy the following information has been extracted from the AFL's Concussion Management Booklet.

### **Description**

Concussion is caused by trauma to the brain, which can be either direct or indirect (e.g. whiplash injury). When the forces transmitted to the brain are high enough, they can "stun" the nerves and affect the way in which the brain functions. This results in a range of symptoms and signs depending on the area of the brain that is affected. Common symptoms of concussion include headache, blurred vision, dizziness, nausea, balance problems, fatigue and feeling "not quite right". Other common features of concussion include confusion, memory loss and reduced ability to think clearly and process information. Loss of consciousness is seen in only 10-20% of cases of concussion in Australian football. That is, the footballer does not have to lose consciousness to have a concussion.

### **Likelihood**

Concussion is a relatively common injury in Australian football. The overall incidence rate is 5-6 concussions per 1000 player hours, which equates to an average of 6-7 injuries per team per season.

### **Potential Complications**

Several complications can occur following concussion. These include:

- Higher risk of injury or repeated concussion on return to play.
- Prolonged symptoms (lasting more than 14 days).
- Symptoms of depression and other psychological problems.
- Severe brain swelling (particularly in young players); and
- Long term damage to brain function.

In general, complications are not common. The risk of complications is thought to be increased by allowing a player to return to play before they have recovered. Therefore, it is important to recognise concussion, make the diagnosis and keep the player out of training and competition until the player has recovered.



# **Kingsley Junior Football Club (inc)**

## **Recognising the injury**

Any one or more of the following visual clues can indicate a possible concussion:

- Loss of consciousness or responsiveness
- Lying motionless on ground/Slow to get up
- Unsteady on feet/Balance problems or falling over/Incoordination
- Grabbing/Clutching of head
- Dazed, blank, or vacant look
- Confused/Not aware of plays or events

Further indicators of a concussion injury can be found in the AFL's Pocket Concussion Recognition Toolkit.

## **Policy**

Because of the possible long-term health effects of a concussion injury, the following steps are mandatory when a concussion injury has been determined as likely:

1. The affected player will take no further part in the game, and a professional medical assessment of the injury should be sought as soon as possible after the incident.
2. The first aid officer will complete an "Injury Report Form" detailing the incident and injury and return it with the match paperwork.
3. A medical clearance from a qualified Doctor must be sighted by the President, Vice-President or Risk and Safety Officer of the KJFC Committee before the player can return to training.
4. The injured player will automatically not play or train for 12 days as per AFL guidelines.
5. If a player sustains a second concussion injury during the same season, the same medical assessment and clearance requirements apply, but the player will be required to miss 3 weeks before they can return to play.
6. In the event a player has a third concussion in the same season, a discussion about the players welfare and any date of return to play in that season will be subject to a discussion between the player's parents the team coach and manager, and the President of the KJFC, based upon professional medical advice.

Ben Simpson

President KJFC

Effective from 18<sup>th</sup> February 2021