



Concussion Management Policy

1. Purpose and Scope

- 1.1 This Policy has been created to assist members of the School community in the management of concussion and recognise that the health of the students is the most important issue.
- 1.2 This Policy applies to all School Employees, sports coaches and students who should remain alert for the symptoms and signs of concussion so that the appropriate management can be instigated.

2. Concussion definition

- 2.1 Concussion is a temporary disturbance in brain function caused by trauma to the brain that may be the result of a direct blow to the head or elsewhere on the body with the force transmitted to the head.
- 2.2 Concussion is a relative common injury in contact sports such as football and rugby but may also occur at other times around the School when students fall or collide (gymnasium, play equipment or in the Boarding House).

3. Symptoms and signs of concussion

- 3.1 It is helpful if a concussive incident is witnessed as the injured student may not remember what happened. Loss of consciousness (knocked out) occurs in only 10-20% of cases of concussion. The detail and nature of the concussive incident should be provided to the treating medical practitioner.
- 3.2 Common Symptoms of concussion include headache, dizziness, nausea, blurred vision, unsteady gait, fatigue and feeling "not quite right".
- 3.3 Common signs include loss of consciousness, confusion, memory loss (for events before and/or after the incident) and inability to think clearly.
- 3.4 The symptoms and signs may be delayed in onset following a collision so ongoing observation is important.

4. Action to be taken if a student has concussion or suspected concussion

- 4.1 The student must be removed from the game immediately if concussion occurs or is suspected.
- 4.2 If the student is unconscious - first aid management of the unconscious patient (DRSABCD) is the priority remembering that there may be an associated neck injury. The injured student must not be moved, the game must be stopped, the nurse at the Kennedy Centre notified and an ambulance called.
- 4.3 The student with concussion who is conscious requires immediate assessment by a registered nurse from the Kennedy Centre* who will then arrange further assessment of the student by a medical professional (GP, Emergency Department doctor) at the appropriate time.
- 4.4 All Off campus incidents require the nominated School Employee present to administer First Aid and contact the Health Care Centre for assistance on 03 5273 9302/600 or call an ambulance.

5. Further management of a student with concussion

- 5.1 The concussed student must not return to the game that day and future activity will depend on when full recovery occurs as determined by a treating medical practitioner. The recovery time from concussion varies from student to student but the majority of cases resolve within 10-14 days of the injury. However in some cases, full recovery may take weeks or months.
- 5.2 Rest and observation are necessary for all students with concussion and this may take place in the applicable Health Care Centre, at hospital or at home with a parent or guardian. These decisions will be made by the treating medical practitioner involved in consultation with the nursing staff, the Head of House, parents and the student.
- 5.3 A medical certificate stating that the student is fit to return to training must be supplied by the treating medical practitioner involved in the student's care. A gradual increase in activity is recommended following concussion to avoid a recurrence of symptoms. Once the concussion has resolved, a successful return to classes/study is the first priority and subsequently a return to training and sporting activity.
- 5.4 Students should not return to School before symptoms such as headache or impaired concentration have fully resolved.
- 5.5 There is a higher risk of repeated concussion or other injuries if a student returns to sport before full recovery as their motor skills may still be impaired.

6. Development of Policy

- 6.1 This Policy has been designed in consultation with the Kennedy Centre Committee, the GGS Director of Sport and the Risk Manager.

7. Definitions

the School	Means Geelong Grammar School
DRSABCD	Danger, Responsiveness, Send for Help, Airways, Breathing, CPR, Defibrillator.
AFL	Australian Football League



8. Review and circulation

Responsible Department:	<input type="checkbox"/> Academic <input type="checkbox"/> Corporate Services and Risk <input type="checkbox"/> Finance and Operations <input type="checkbox"/> Head of Campus <input type="checkbox"/> Human Resources <input checked="" type="checkbox"/> Medical
Version:	1
Approved by:	<input checked="" type="checkbox"/> Principal <input checked="" type="checkbox"/> School Council
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Location:	<input checked="" type="checkbox"/> School wide <input type="checkbox"/> Bostock <input type="checkbox"/> Corio <input type="checkbox"/> Timbertop <input type="checkbox"/> Toorak
Audience:	<input type="checkbox"/> School Community <input checked="" type="checkbox"/> Students <input type="checkbox"/> Parents <input type="checkbox"/> School Employees
Publication:	<input checked="" type="checkbox"/> Portal >Staff Resources <input type="checkbox"/> Portal >My Diary <input type="checkbox"/> Portal >My School <input type="checkbox"/> Portal >My Child <input type="checkbox"/> School Website