

Queensland School Sport

Concussion Recognition and Management Policy

Concussion Recognition:

Concussion is a disturbance in brain function resulting from trauma that is transmitted to the brain either directly or indirectly. There are no structural changes and the changes that do occur are temporary and recover spontaneously.

Signs and symptoms of concussion can include (but are not limited to) such things as:

Headache	Obvious confusion	Dizziness	Obviously dazed
Loss of consciousness	Nausea	"Pressure in head"	Difficulty remembering
Difficulty concentrating	Sensitivity to noise	Sensitivity to light	Feeling slowed down
Drowsiness	Feeling like "in a fog"	Nervous or Anxious	"Don't feel right"
Blurred vision	Neck Pain	More emotional	More irritable

Young athletes displaying any of these signs or symptoms of concussion should not be left alone and should be taken to a medical practitioner for further assessment.

Should a young athlete display any "**Red Flags**" as listed below, they should be taken immediately to an emergency department or an ambulance called (000).

Neck pain or tenderness	Severe or increasing headache	Deteriorating conscious state	Increasingly restless, agitated or combative
Double vision	Seizure or convulsion	Loss of consciousness	Increasingly restless, agitated or combative
Weakness or tingling / burning in arms or legs			

The health and well-being of young athletes is paramount in the concussion management policy implemented by Queensland School Sport.

QSS Concussion Management Policy:

Any player assessed as having sustained a suspected concussion during a QSS event, as per Suspected Concussion - Incident Flow Chart (Appendix A) will have their injury managed in the following manner:

1. The player will be removed from the activity and referred to the designated event first aid officer/ sports medicine personnel/ doctor on duty for assessment.
2. The designated event first aid officer/ sports medicine personnel/ doctor on duty will complete an initial assessment of the injured player using the Concussion Recognition Tool 5 (CRT5) (refer **Appendix B**).
3. If based on the assessment the player is suspected of having concussion, the player must be referred to a medical doctor for further assessment.
4. The player will NOT be permitted to return to play in the championship / school sport activity (unless they are given medical clearance in accordance with Section 2(B) of the QSS Concussion Referral and Return Form and the completed form is returned to the event convenor) (refer **Appendix C**).
5. Following a player being diagnosed with concussion they must follow a graduated return to activity protocol under the guidance of a medical practitioner who is experienced in concussion injury management.
 - Before participating in any further School Sport activity, the player must present with a medical clearance specific to participation in full contact/ collision sport.

Further reading:

https://www.sportaus.gov.au/__data/assets/pdf_file/0005/683501/February_2019_-_Concussion_Position_Statement_AC.pdf