

# **FNA CONCUSSION POLICY**

## **A. INTENT OF THE POLICY**

Concussion is a serious condition that requires appropriate assessment prior to return to play. The purpose of this policy is to ensure the safe return to play for players suffering from a suspected concussion.

## **B. HOW THE POLICY WORKS**

- i. The policy should be applied to any player on a competition day that receives a suspected concussion from contact with another player, goal post, or ground. FNA has no direct control over an injury resulting in concussion which does not occur during a competition day at FNA.
- ii. If an injury has been recorded in the FNA First Aid record book as requiring further medical review for a suspected concussion, a doctor's certificate clearing the player must be received by FNA prior to the player taking the court.
- iii. FNA can take no responsibility for players who have been determined to be concussed other than those recorded via FNA First Aid records.

## **C. PROCEDURE**

### **1. Any suspected concussion should be assessed**

### **2. Management of Concussion**

The most important steps in the initial management of concussion are:

- a) Recognising the injury
- b) Removing the player from the game
- c) Referring the player for medical assessment

#### **2(a) Recognising the injury**

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

- *Loss of consciousness*
- *Dazed, blank or vacant look*
- *Headache, blurred vision, dizziness*
- *Confused, not aware of plays or events*
- *Balance problems (unsteadiness)*
- *Lying motionless on the ground, slow to get up*
- *Grabbing or clutching head*

A Pocket Concussion recognition tool can be used to help recognise concussion. It is important to note that brief sideline evaluation tools designed to recognise concussion do not replace a comprehensive medical assessment.

#### **2(b) Removing the player from the game**

- i. Initial management should adhere to first aid rules, including airway, breathing, circulation and spinal immobilisation. Where possible the on duty first aid officer or paramedic should be called to the court.
- ii. Any player with suspected concussion must be removed from the game as soon as possible, ensuring this does not cause further injuries to the player (see Points 2(b) v & vi. below)
- iii. Removing the player from the game allows the opportunity to properly evaluate the player.
- iv. Any player who has suffered a suspected concussion must not be allowed to return to play in the same game. On Competition days, if the on duty first aid officer or paramedic attending the court suspects a player has suffered a concussion the

player will not be permitted to return to the game. It is important not to be influenced by the player, coaching staff, manager, parents, or any other person suggesting the player return to the game. If necessary, a Club Official will be called to the game to manage the situation.

- v. Unconscious players: can only be moved (onto a stretcher) by qualified health professionals, trained in spinal immobilisation techniques. If no qualified health professional is on site, then do not move the player- call and wait for the arrival of an ambulance.
- vi. If required, FNA personnel will move the game to another available court to allow First Aid to be administered and the game to continue.

### **2(c) Refer the Player**

- i. All players with a concussion or suspected concussion need medical assessment by a registered medical doctor
- ii. If a doctor is not present, then the player should be sent to a local general practice or local hospital emergency department
- iii. The injury should be recorded in the FNA first aid record file and the player's club will be informed of the suspected concussion.

### **3. Ineligible player**

A team that breaches Points B (ii) & C 2b (ii, iii, iv) of this policy shall be considered to be playing an ineligible player and will be penalised as such.