



ULVERSTONE SOCCER CLUB

Flora Street Sports Complex

PO Box 118, Ulverstone TAS 7315

ABN: 93 921 535 989

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CLUB POLICY DOCUMENT

Title: Concussions

Policy: U002

Version: 1.0

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CONCUSSIONS / HEAD INJURIES

The following policy adheres to the FFA Concussion Guidelines and details the actions to be taken when a player is suspected of being concussed during a game or training.

SIGNS OF CONCUSSION:

Immediate **visual indicators** of concussion include:

- Loss of consciousness or responsiveness
- Lying motionless on the ground / slow to get up
- A dazed, blank or vacant expression
- Appearing unsteady on feet, balance problems or falling over
- Grabbing or clutching of the head
- Impact seizure or convulsion

Concussion may include one or the following **symptoms**:

- Headache dizziness, “feeling in a fog”
- Behavioural changes: inappropriate emotions, irritability, feeling nervous or anxious
- Cognitive impairment: slowed reaction times, confusion/disorientation

ACTIONS:

Any player with a suspected concussion should be **immediately removed from play / training** and not return to activity until assessed by a qualified medical practitioner (*refer to Policy U001 Injuries and Incidents*)

Assess the person for concussion using the “Pocket Concussion Recognition Tool” (available from the club) or the Head Space app (available for iOS and Android)

Do Not:

- leave the person alone
- let the person drive a motor vehicle
- allow the person return to play or train that day

Advise the person:

- to seek qualified medical advice to diagnose whether a concussion has occurred and for any treatment
- they are required to provide written medical clearance before returning to training / play