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## **CBC FREMANTLE Management of Concussion Guidelines**

Concussion is a traumatic brain injury, induced by biomechanical forces to the head, or anywhere on the body which transmits an impulsive force to the head. It causes short-lived neurological impairment, and the symptoms may evolve over the hours or days following the injury.

Managing concussion is a shared responsibility between the student, teacher, parents, carers and medical practitioner. Open communication is essential, and information should be shared.

- For students who have been concussed outside of school activities, it is the responsibility of the parent or guardian to inform the school of the students' condition.
- CBC Fremantle will follow the "AUSTRALIAN CONCUSSION GUIDELINES FOR YOUTH AND COMMUNITY SPORT" for concussions, in school and out of school.
- Any boy who has received diagnosis of concussion from any activity, whether inside or outside of school, will be registered on the school's concussion register by the students Head of House and the Head of Sport, Head of Physical education and the students Head of House will be notified.

### **GUIDELINES**

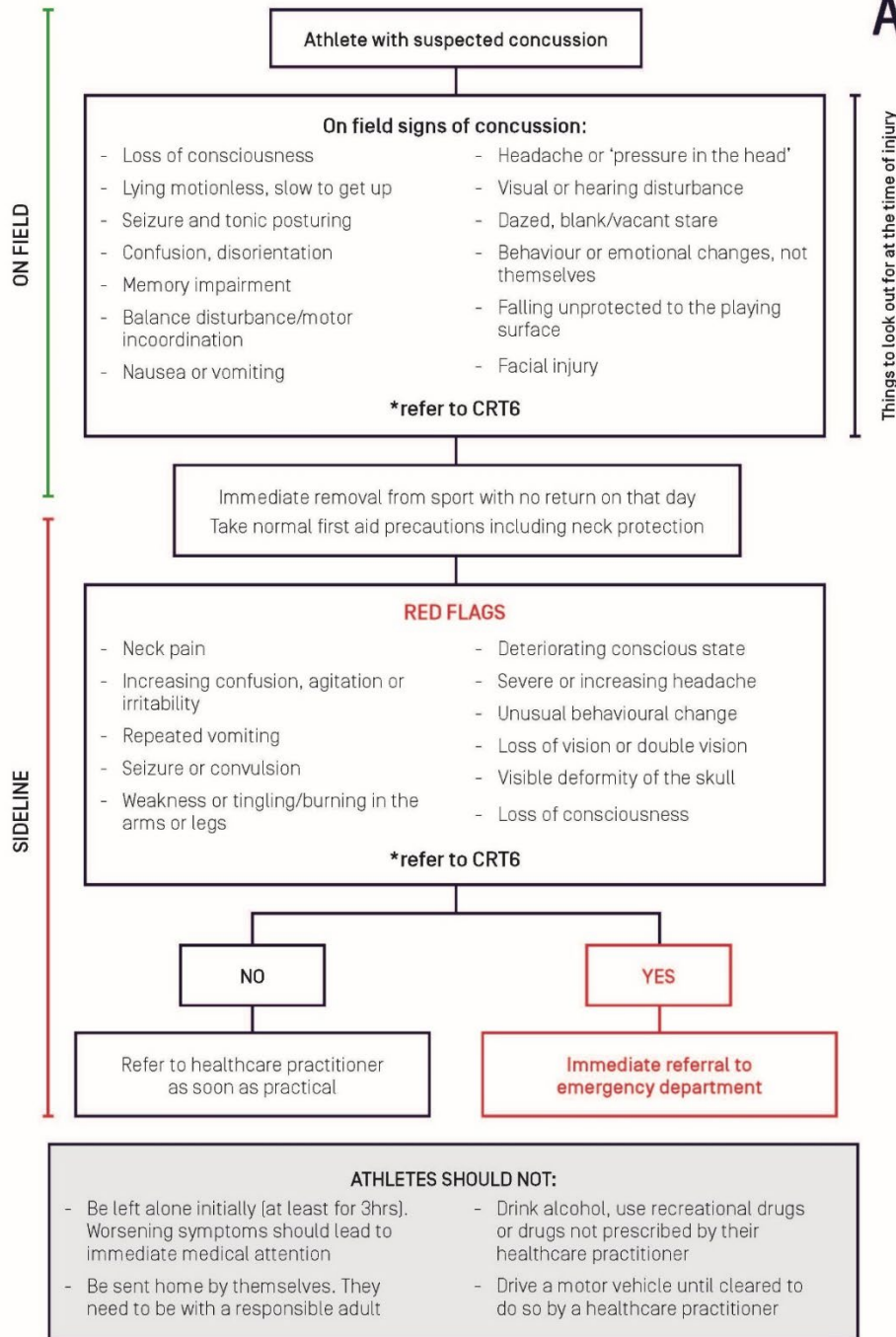
- Rest is recommended immediately following a concussion (24–48 hours).
  - Rest means not undertaking any activity that provokes symptoms.
  - Including school/learning, computer and phone use, television and gaming consoles.
- Once your son has been symptom free for 48 hours he can commence a gradual return to school, play and sporting activities as shown below.
- If your son remains symptom free, he can progress to the next stage; however, if he develops any symptoms he should move back one stage and try again after a further 24 hrs.

**Clearance by a medical doctor is required before returning to full team training session and competitive contact sport.**

**Return to Play cannot occur until the 21<sup>nd</sup> day after the day on which the concussion was suffered.**

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**NON-HEALTHCARE PRACTITIONER *ON FIELD*  
CONCUSSION RECOGNITION DECISION TREE**



A student who receives two concussions in a 3-month period or a minimum of three concussions in a 12-month period must see a medical doctor experienced in concussion management to follow an individual management plan before he can return to playing sport. A recommended starting point for return to sport after second concussion within three months, would be 28 days symptom-free before return to contact training and a minimum of six weeks from the time of the most recent concussion until return to competitive contact.