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FREMANTLE

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# Management of Concussion Guidelines 2023

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**CBC FREMANTLE**  
Management of Concussion Guidelines

CBC Fremantle is committed to ensuring the safety of students while at school and when participating in any school-sponsored events.

**A student who has been diagnosed by a medical practitioner to have suffered from concussion will be required to follow the “Phases of Rest, Recovery and Return to Play following concussion guidelines”**

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

The aim of these guidelines are to ensure that all students with a concussion receive timely and appropriate advice and care to enable them to safely return to everyday activities and sport.

These guidelines are to be read in conjunction with:

THE MANAGEMENT OF SPORT-RELATED CONCUSSION IN AUSTRALIAN FOOTBALL  
**With Specific Provisions for Children and Adolescents (Aged 5-17 Years)**

The objectives of these guidelines are to provide coaches, staff, parents, carers and volunteers with appropriate information and resources to:

- understand what concussion is and why it is important, particularly for children
- recognise concussion
- manage a suspected concussion
- manage return to participation after concussion
- know where to get more information about concussion.

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.

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

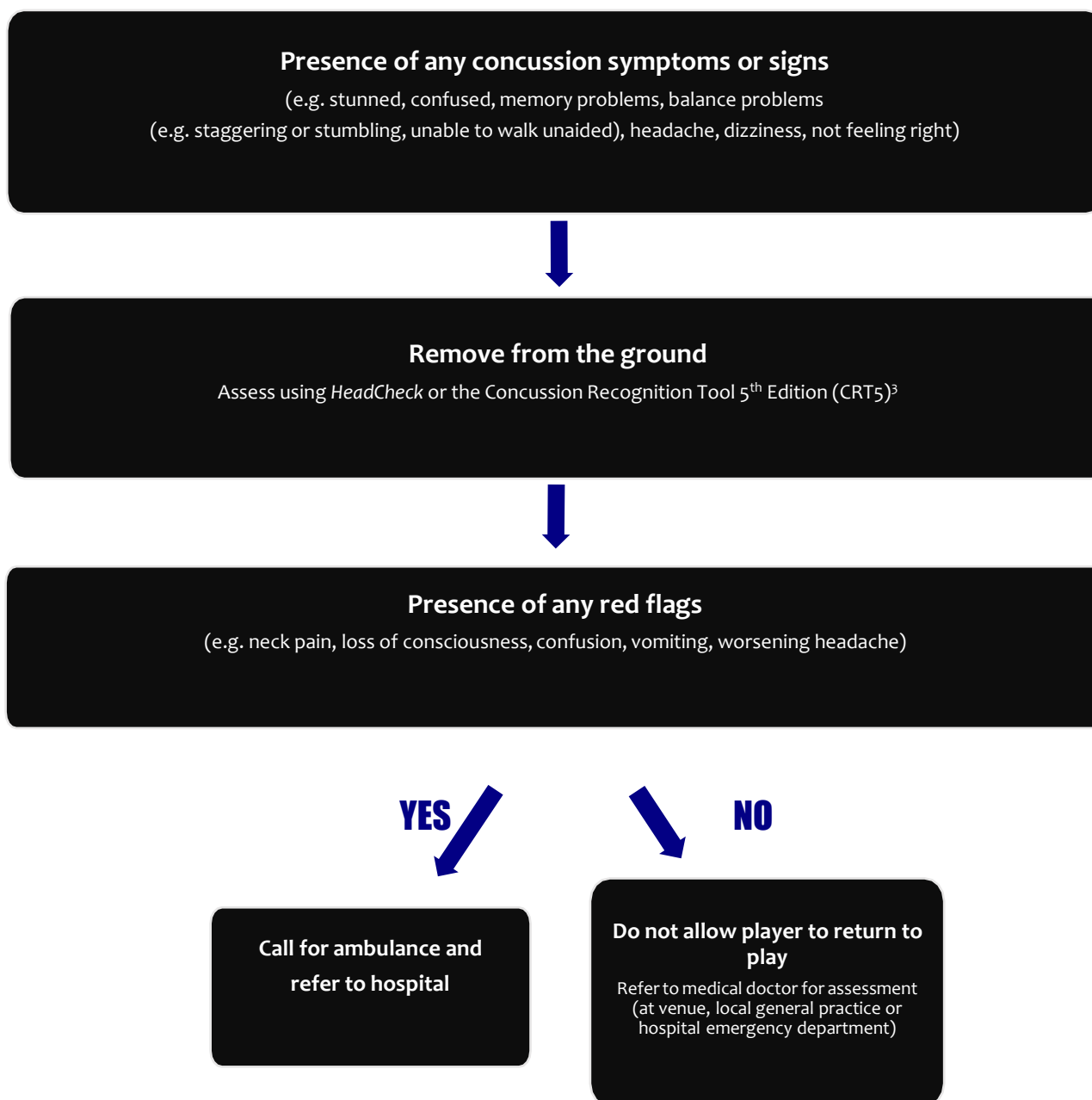
- Rest is recommended immediately following a concussion (24–48 hours). Rest means not undertaking any activity that provokes symptoms. Including school/learning, computer and phone use, television and gaming consoles.
- Once your son has been symptom free for 48 hours he can commence a gradual return 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.

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 "PHASES OF REST, RECOVERY AND RETURN TO PLAY FOLLOWING CONCUSSION GUIDELINES" for these out of school injuries.
- 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 Student Services and the Head of Sport, Head of Physical education and the students Head of House will be notified.

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## MANAGEMENT OF HEAD INJURY ON THE DAY OF INJURY



**Figure 1. Summary of the management of concussion.**

Note: For any player with loss of consciousness, basic first aid principles should be used (i.e. airways, breathing, CPR). Care must also be taken with the player's neck, which may have also been injured in the collision. The unconscious player must not be moved by anyone other than a medical professional or ambulance officer. An ambulance should be called, and these players transported to hospital immediately for further assessment and management.

[THE MANAGEMENT OF SPORT-RELATED CONCUSSION IN AUSTRALIAN FOOTBALL \(afl.com.au\)](http://afl.com.au)

## “PHASES OF REST, RECOVERY AND RETURN TO PLAY FOLLOWING CONCUSSION GUIDELINES”

<i>Focus</i>	<i>Goal</i>	<i>Requirements to move to next stage</i>
<b>Rest</b>		
Phase 1: Rest	Help speed up recovery	<ul style="list-style-type: none"> <li>Complete physical and cognitive rest in the first 24 – 48 hours</li> </ul>
Phase 2: Light aerobic activity	Two days of activities that do not provoke symptoms	<ul style="list-style-type: none"> <li>No concussion-related symptoms at rest or with physical or brain activity for at least 1 day and the player has successfully returned to school</li> </ul>
Phase 3: Sport specific exercise	<ul style="list-style-type: none"> <li>Light / moderate aerobic exercise (e.g. walking, jogging, cycling at slow to medium pace)</li> <li>No resistance training</li> </ul>	Remain completely free of any concussion-related symptoms
<b>Clearance by a medical doctor is required before returning to full team training session and competitive contact sport</b>		
Phase 4: Non-contact training drills	Return to full team training – non-contact except drills with incidental contact (incl. tackling)	
Phase 5: Full contact training	Full team training	<ul style="list-style-type: none"> <li>Remain completely free of any concussion-related symptoms</li> <li>Player confident to participate in a match</li> </ul>
<b>Stage 6: Return to Play (12th day after the day on which the concussion was suffered)</b>		

The above chart outlines the minimum process to follow in returning to play following a concussion. The earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 12th day after the day on which the concussion was suffered.

A more conservative approach is required in certain situations including for children and adolescents, players with a history of concussion and where there is a recurrence of symptoms at any stage during the return to play program.

A student who receives two 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. Return to learning, sport, and play protocol for children 18 years of age and under.

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## RELATED DOCUMENTS

- CBC Fremantle Student Pastoral Care Policy
- EREA Child Protection Policy
- THE MANAGEMENT OF SPORT-RELATED CONCUSSION IN AUSTRALIAN FOOTBALL  
With Specific Provisions for Children and Adolescents (Aged 5-17 Years)
- Concussion in Sport Policy Issued by Sports Medicine Australia V1.0 January 2018