

# ST BEDE'S CATHOLIC COLLEGE

## CONCUSSION POLICY



APPLICABLE TO	All members of the St Bede's Community – including staff, students, parents and volunteers.
DOCUMENT OWNER	Sarah Millen (Sports Coordinator)
APPROVAL DATE	21.8.2018
APPROVED BY	Principal
SCHOOL ACTIONS	School Policy – All workers and other persons are to ensure practices are consistent with this policy.
LAST REVIEW DATE/S	Not Applicable
NEXT REVIEW DATE	End of 2019
RELATED DOCUMENTS	Sport Medicine Australia – <a href="#">Concussion in Sport Policy V1.0</a> <a href="#">Pocket Concussion Recognition Tool</a>

Sports Medicine Australia define concussion as a “a disturbance in brain function rather than a structural injury to the brain. It is caused by direct or indirect force to the head, face, neck or elsewhere with the force transmitted to the head. A player does not have to be knocked unconscious to have a concussion. Loss of consciousness is seen in only 10–15% of cases of concussion. Concussion is difficult to diagnose and only medical doctors can definitively diagnose a concussion. However, recognising a suspected concussion at the time of injury is extremely important to ensure appropriate management and to prevent further injury. Recovery from concussion varies from person to person, and injury to injury. If recognised and appropriately managed most people will recover from their symptoms.” They state that concussion “occurs in almost every sport or recreational physical activity. It is more common in sports and activities with full physical contact between players (like the full contact football codes and combat sports like martial arts and boxing) or where players can hit their head forcefully on the ground (for example, snow sports, cycling, horse riding and skateboarding).”

At St Bede's, our student's health, safety and wellbeing is held with the up most importance. To ensure that all students are kept safe at school and during school activities the following steps should be implemented and adhered to by all staff, students, parents and volunteers:

- In any incident where a student is issued with a knock/collision to the head, parents must be contacted. This should be done as soon as possible, and before the student leaves the College grounds. This is regardless of the severity of the collision/knock, and regardless if the supervising teacher/volunteer saw the incident or not. This should be noted on Compass by the supervising teacher.
- The 'Pocket Concussion Recognition Tool' will be given to all teachers who lead Friday College Sport or are a sport coach of any team.
- The 'Pocket Concussion Recognition Tool' will also be included in all First Aid Kits.
- Parents must inform the College's Sports Coordinator of any concussion that a student is subject to, including out of school incidents. The student will not be able to participate in any College Sport (representative, PDHPE or Friday Sport) for 19 days after the incident and must be given a clearance medical certificate. The Sport Coordinator is to communicate this to College staff members.
- All Sport and Physical Activity permission notes must include the following statement 'If your son or daughter has been concussed in the past 19 days, they cannot participate in this event. You are required to notify the school of such incidents.'
- Any mention of a student being concussed outside of school, must be followed up on with the respective parents as soon as possible by a College staff member. Students are not able to participate in any College Sport (representative, PDHPE or Friday Sport) until this has occurred. If the concussion is confirmed by the parent/carer, the previous point applies.
- College staff members and volunteers must be aware of the following points (as outlined in the Sport Medicine Australia – Concussion in Sport Policy):
  - Although a medical practitioner should formally diagnose a concussion, all sport stakeholders are responsible for recognising and reporting players with visual signs of a head injury or who report concussion symptoms. Watch for when a player collides with another player, a piece of equipment or the ground.
  - Anyone with a suspected concussion must be removed from the game. This will enable the player to be properly assessed. Anyone who has a suspected concussion must not be allowed to return to participation in the same game/day unless cleared by a medical practitioner. Do not be influenced by the player, coaching staff, trainers, parents or others suggesting that they should return to play.
  - Anyone with suspected concussion should not be left alone (for 1 – 2 hours) or sent home alone.
  - Refer to the 'Pocket Concussion Recognition Tool.'
- All of the above incidents must be reported as soon as conveniently possible to the Sports Coordinator, Office Manager, Assistant Principal and Principal.

This document will be uploaded to the College website. It will also be published annually in the College Newsletter and be given to all volunteers who will be involved in sport and physical activity.