



ST PAULS UNITING SPORTING CLUB INC

For God Through Sport since 1969

CONCUSSION POLICY

RECOGNISE & REMOVE

Any player with a suspected head knock or concussion **MUST be IMMEDIATELY REMOVED FROM PLAY**, and should not be returned to field until they are assessed and cleared. Players should not be left alone and if the concussion is thought to be serious they should not drive a motor vehicle.

It is recommended that, in all cases of suspected concussion, the player is referred to medical professional for any additional guidance, even if the symptoms are resolved. In all cases report the incident and advise parents/family members. Concussion should be suspected **if one or more** of the following visible clues, signs, symptoms or errors in memory questions are present.

1. Visible clues of suspected concussion

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

Loss of consciousness or responsiveness
Lying motionless on ground / Slow to get up
Unsteady on feet / Balance problems or falling over
Grabbing / clutching of head
Dazed, blank or vacant look
Confused / not aware of plays or events

2. Signs and symptoms of head knock / suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:

Loss of consciousness	Difficulty remembering	Dizziness	Amnesia
Difficulty concentrating	Headache	Confusion	Sadness
Seizure or convulsion	Feeling slowed down	Pressure in head	Neck Pain
Nausea or vomiting	Sensitivity to light	Sensitivity to noise	Don't feel right
Nervous or anxious	More emotional	Feeling like "in a fog"	

3. Memory function

Failure to answer any of these questions correctly may suggest a concussion.

"What is your name?"	"What day is it?"	"What venue are we at today?"
"What team do you play for?"	"Which half is it now?"	"Who scored last in this game?"
"Did your team win the last game?"	"What team did you play last week / game?"	

RED FLAGS

If **ANY** of the following are reported and no qualified medical professional is available, then call an ambulance for urgent medical assessment:

Complains of neck pain	Deteriorating conscious state	Increasing confusion or irritability
Double vision	Severe or increasing headache	Repeated vomiting
Unusual behaviour change	Seizure or convulsion	Weakness or tingling/burning arms or legs