

HrdKAW Strength and Weightlifting Club

CONCUSSION POLICY



It is important to HrdKAW Strength and HrdKAW Weightlifting Club that best practice concussion management is implemented to ensure the welfare of our athletes in the short term and long term.

It is noted that sports concussion and head trauma incidents are not high in gym-based sports or activities as they are renown as non-contact sports, however like in any sport, accidents can occur. This policy has been adopted to ensure that all measures are taken to ensure the correct responses.

Concussion is a disturbance in the brain's ability to acquire and process information. The reduced function of the brain represents damage to nerve cells. These can be damaged by a direct blow to the head or an indirect impact to the body. The effect that this has on an athlete can vary from person to person, depending on which part of the brain is affected.

The information contained in this policy has been adapted from www.clearinghouseforsport.gov.au.

CONCUSSION RECOGNITION

Concussion should be suspected if these signs are observed:

- Unresponsiveness
- Upper limb spontaneous movement
- Balance difficulty
- Vacant stare
- Disorientation
- Facial injury
- Upper limb muscle rigidity
- A fit/seizure soon after contacting the surface
- Slow responses
- Confusion
- Holding the head
- Speech slurring

Minutes to hours after the impact injury the athlete may complain of:

- Headache
- Blurred vision
- Dizziness
- Not feeling right
- Nausea/vomiting
- Memory loss/difficulty
- Tiredness
- Sensitive to bright light and loud noise

Days to weeks after the impact injury the athlete could have/feel:

- Sleep difficulty
- Poor attention and concentration
- Tired easily
- Persistent low grade headache
- Sad, irritable or frustrated
- Lethargic, low motivation

Remember:

An athlete does not have to lose consciousness to have a concussion.

Symptoms can evolve over time - keep monitoring the athlete for at least 72 hours.

CONCUSSION ACTION PLAN

1. Pre-season

HrdKAW Strength and HrdKAW Weightlifting Club will prepare for each Competition Season by increasing our knowledge and awareness of concussion and adopting our Concussion Policy.

We will:

- Have easy access to a checklist of the warning signs of structural brain injury;
- Know where the closest medical help is in relation to the current location;
- Find the closest emergency department or medical practice.

2. During competition / training

It is important to **identify suspected concussion**.

Any athlete with suspected concussion must be withdrawn from competing or training immediately. Furthermore, no athlete with concussion should be returned to the same competition or training/competition later that day.

ALL athletes with concussion or suspected concussion need an urgent medical assessment. That is, see a medical doctor as soon as possible.

It is important to ensure the following actions occur:

1. Recognition
2. Remove from play/participation
3. Find a doctor
4. Medical assessments
5. Brain function testing
6. Rehabilitation
7. Final medical clearance

3. How to manage the unconscious athlete

It is important to **apply basic first aid principles**:

- Protect the athlete's neck and secure an open airway.
- Urgent hospital referral is necessary for any diver who has lost consciousness as a result of a blow to the head or body.
- Do not attempt to move the athlete (other than required for airway support) unless trained to do so.
- Do not remove helmet (if present) unless trained to do so.
- Indications for urgent referral to hospital include:
 - Fractured skull
 - Penetrating skull trauma
 - Loss of consciousness
 - Deterioration in conscious state following injury
 - Increasing confusion
 - Worsening headache post injury
 - Persistent vomiting
 - Any convulsive movements
 - Focal neurological signs
 - All children with head injuries
 - More than one episode of concussive injury in competition or training session
 - High-risk patients (e.g. haemophilia, anticoagulant use)

- High-risk injury mechanism (e.g. high velocity impact, missile injury)

4. Athlete returning after concussion

In the days or weeks following concussion, an athlete should not be allowed to return to compete or train until they have had a formal medical clearance. Complications can occur if the athlete is returned to sport before they have recovered from their concussion.

Athletes should return to activity only after symptoms have gone away. Initial balance and visual training can start within days of concussion. Once the athlete feels well, exercise can begin and be made more challenging every 24 hours. If athletes start to feel unwell during or after exercise, they should rest for 24 hours and then attempt the same exercise. Only when an athlete has written medical clearance from a medical doctor, which has been handed onto their coach, can that athlete start training/participate in sessions.

POTENTIAL OUTCOMES

It is recognised that most concussions get better in 7 to 10 days. However, ignoring concussion signs and symptoms or not recognising them can result in potential catastrophic consequences. Acute brain swelling is usually fatal. Prolonged symptoms, recurrent concussion, learning difficulties and personality problems have also been reported.

The message is:

- Any athlete with suspected concussion should be removed from training/competition and not return to sport or training that day.
- All athletes with suspected concussion should see a medical doctor as soon as possible.

MANAGING THIS POLICY

HrdKAW Strength and HrdKAW Weightlifting Club will review this policy annually and include any medical updates and best practice as required.

HrdKAW Strength and HrdKAW Weightlifting Club appoints Joshua Wu responsible for monitoring the management of athletes with a suspected concussive injury.

FURTHER INFORMATION

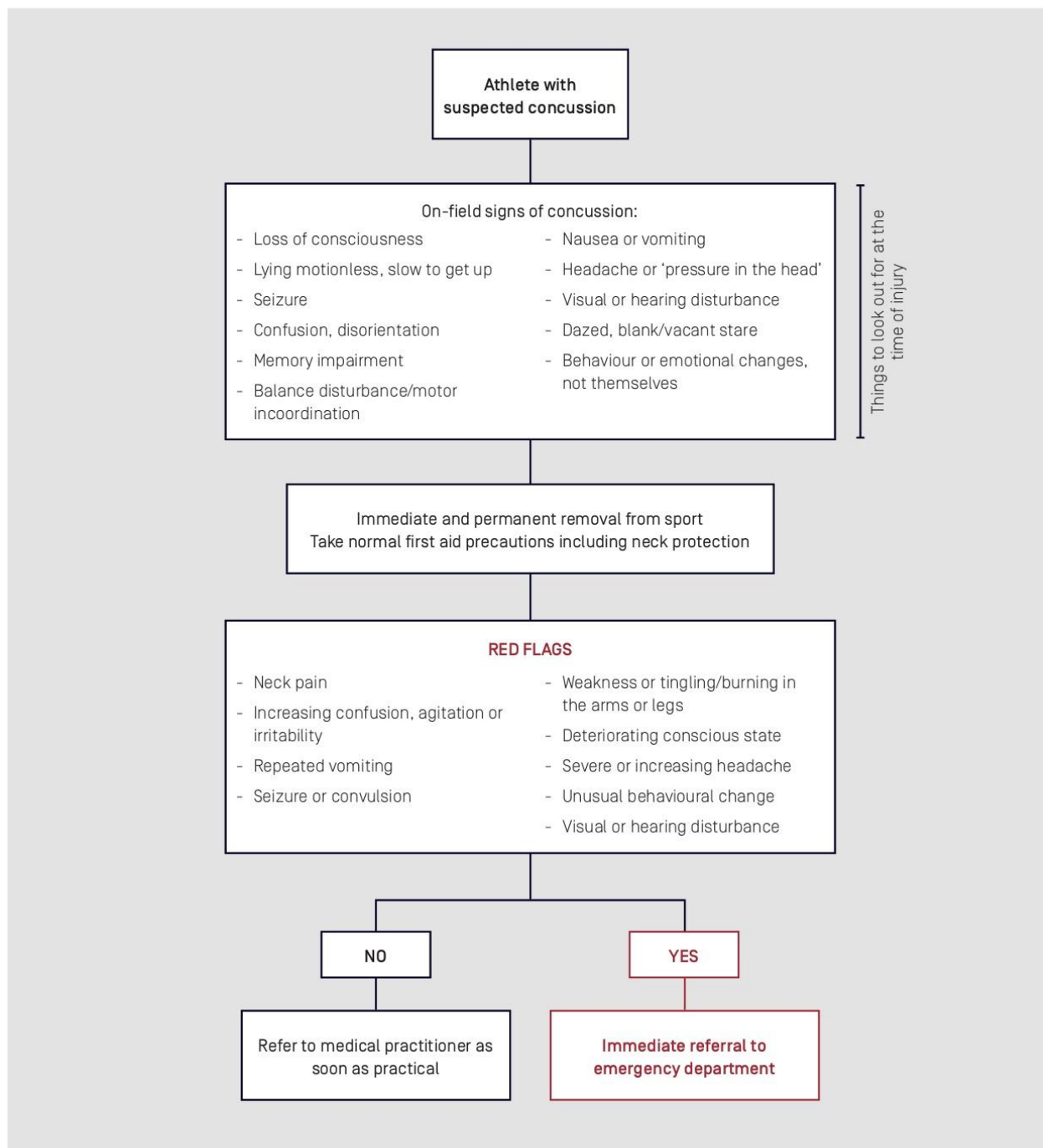
Fact sheets are attached to this Policy for reference and further information is available from the:

- Concussion in Sport Australia website www.concussioninsport.gov.au
HrdKAW Strength and HrdKAW Weightlifting Club supports the Concussion in Sport Australia Positioning Statement. Funded by the Australian Government, the Concussion in Sport Australia Positioning Statement brings together the most contemporary evidence-based information and presents it in a format that is appropriate for all stakeholders. The Position Statement is intended to ensure that participant safety and welfare is paramount when dealing with concussion in sport.
- Clearinghouse for sport - Sports Concussion and Head Trauma
<https://www.clearinghouseforsport.gov.au/kb/sports-concussion-and-head-trauma>
- Concussion information for athletes <https://www.concussioninsport.gov.au/athlete>
Information for athletes to help recognise the symptoms of concussion and understand the best process for treatment and ongoing management of concussion.
- Concussion information for parents/teachers
https://www.concussioninsport.gov.au/parents_and_teachers
Information for parents/teachers to help recognise the symptoms of concussion and understand the best process for treatment and ongoing management of concussion.
- Information and online learning for coaches/support staff
https://www.concussioninsport.gov.au/coaches_and_support_staff
Information for coaches/support staff to help recognise the symptoms of concussion and understand the best process for treatment and ongoing management of concussion. Learn about the methods used to recognise and manage a suspected sport-related concussion.
- Concussion Recognition Tool
<https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097508CRT5.full.pdf>
A tool for evaluating injured athletes for concussion.
- Concussion Action Plan - refer to below examples or available at
https://www.concussioninsport.gov.au/coaches_and_support_staff

Concussion in Sport Australia

Concussion management flow chart – on field

(for parents, coaches, teachers, team-mates, support staff)

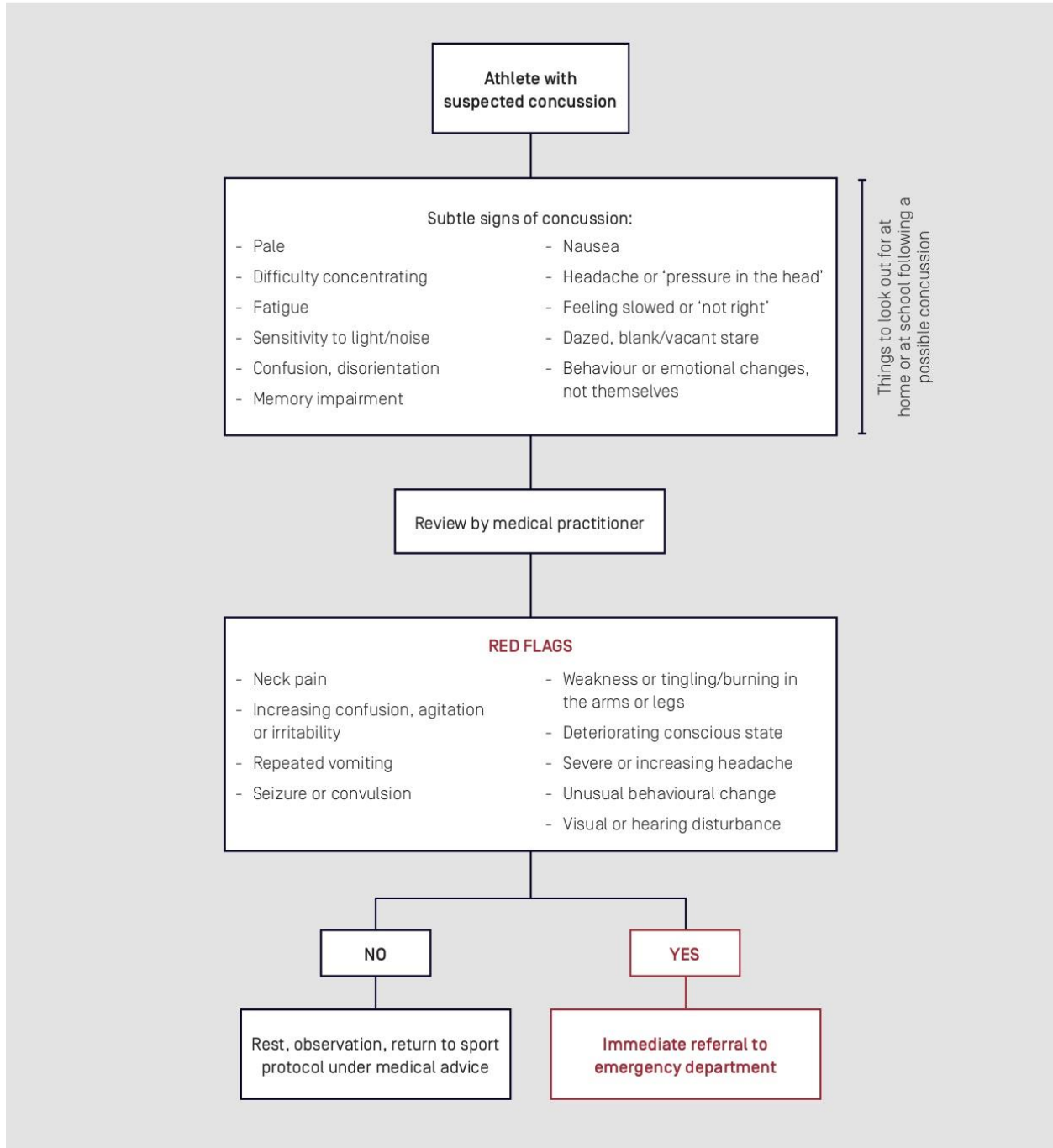


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Concussion in Sport Australia

Concussion management flow chart – **off field**

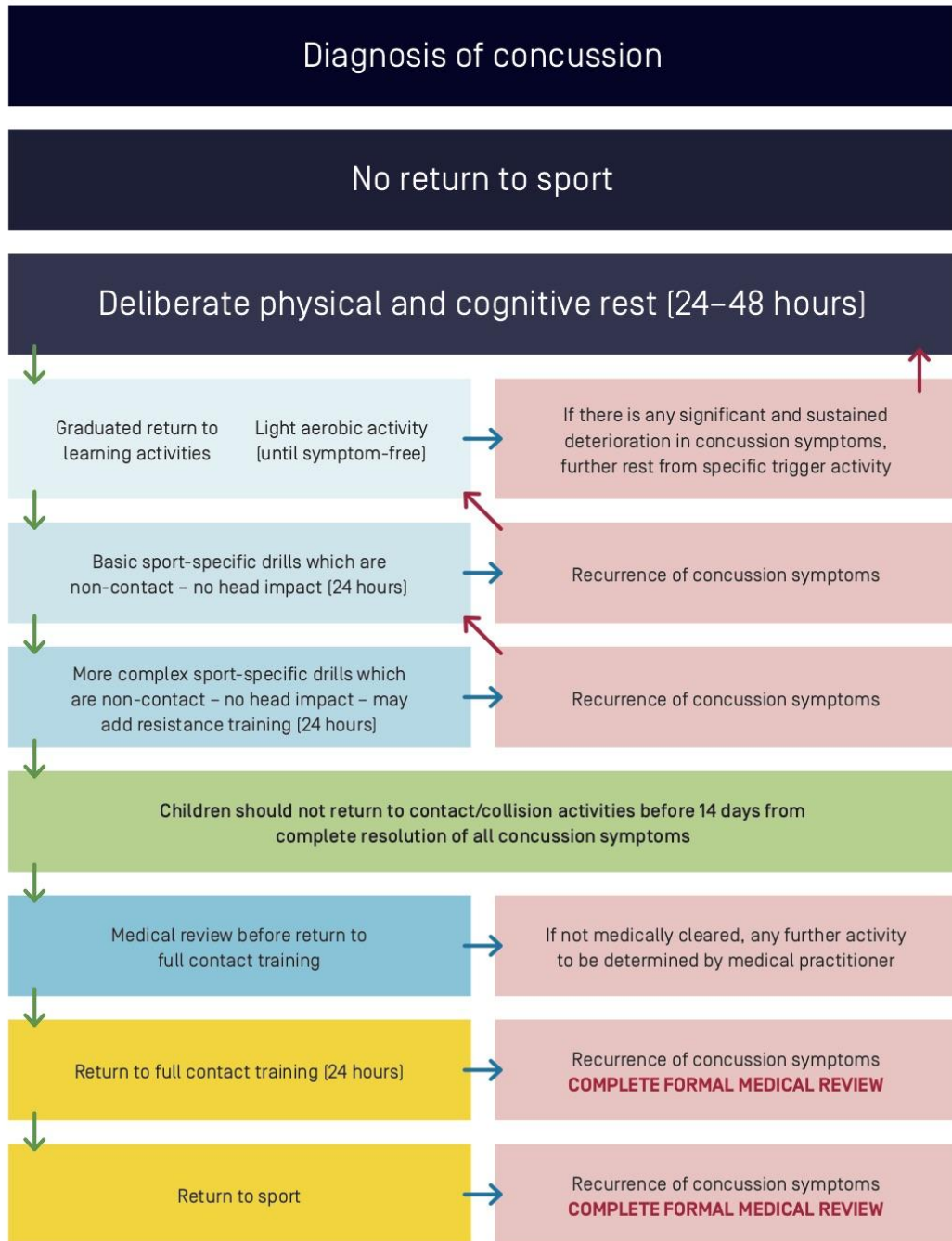
(for parents, coaches, teachers, team-mates, support staff)



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Concussion in Sport Australia

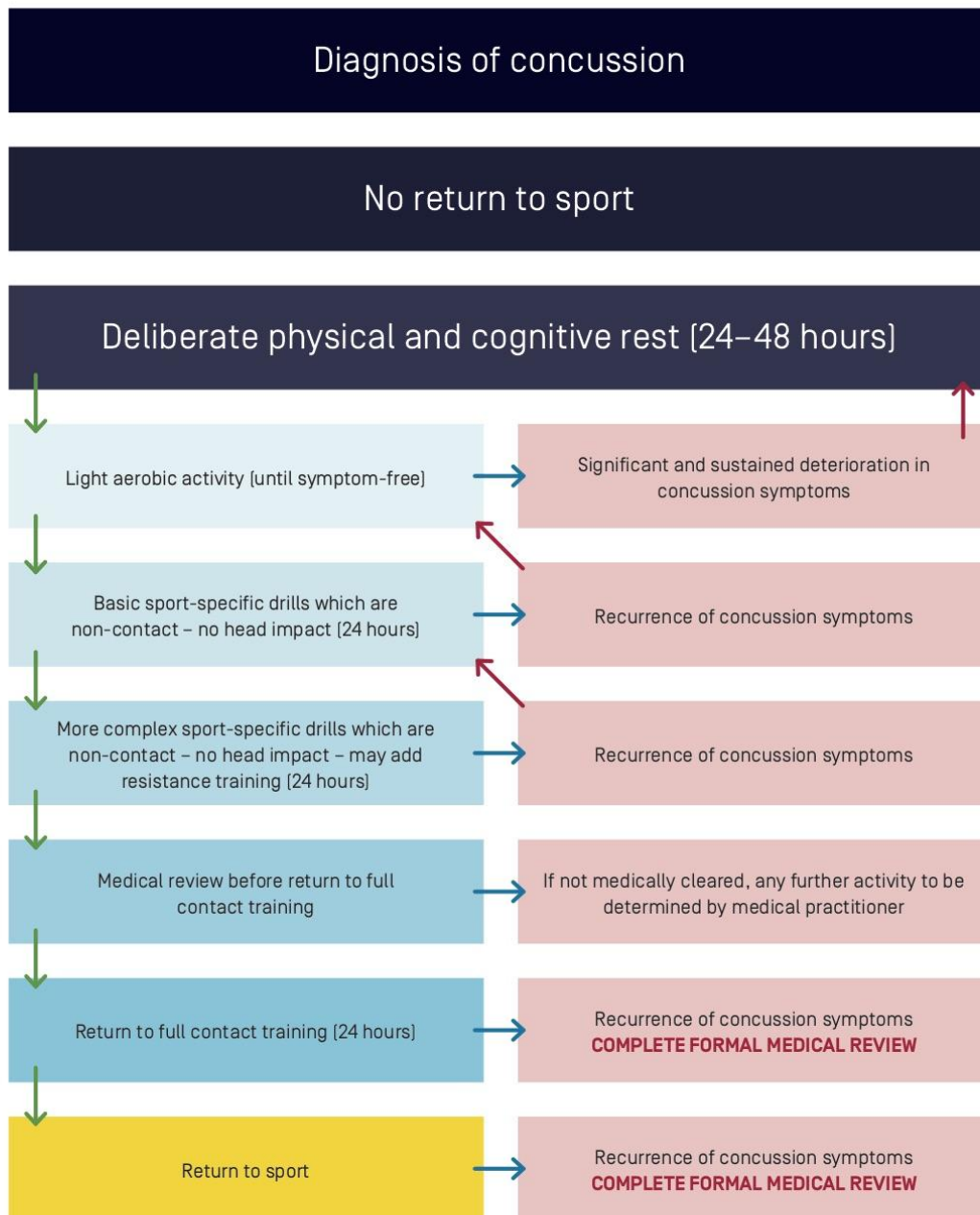
Return to Sport Protocol for **children** 18 years of age and under



ASC35E4

Concussion in Sport Australia

Return to Sport Protocol for **adults** over 18 years of age



ASC3564



RETURN TO LEARN

Concussion affects the way the brain functions. Different people can be affected in different ways.

It is common for concussed children or adolescents to have difficulty concentrating and paying attention in class. They may require more time to complete school work.

When a concussed child or adolescent starts to concentrate for long periods, the "load" on the brain can bring on or worsen the symptoms of concussion. Gradually increasing the load on the brain without provoking symptoms is recommended.

During recovery from concussion, it is recommended that students avoid:

- > physical activity: PE classes, school sport, and playground activity
- > extensive screen time: including computer use, texting, video games, television
- > loud music and music through headphones.

Ways to help students in the classroom recover from concussion include:

- > regular breaks from class
- > shortened school day
- > postponing exams
- > additional time to complete exams and assessments
- > additional time to complete tasks in class.

For more information visit concussioninsport.gov.au

"if in doubt, sit them out"

ASC35154

CONCUSSION RECOGNITION TOOL 5®

To help identify concussion in children, adolescents and adults

RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS – CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

<ul style="list-style-type: none"> • Neck pain or tenderness • Double vision • Weakness or tingling/ burning in arms or legs 	<ul style="list-style-type: none"> • Severe or increasing headache • Seizure or convulsion • Loss of consciousness 	<ul style="list-style-type: none"> • Deteriorating conscious state • Vomiting • Increasingly restless, agitated or combative
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Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma

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ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE

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