



CONCUSSION POLICY

The Spotswood Football Club Inc. (SFC), is committed to providing and maintaining a safe and healthy environment for all and strengthening the good reputation of Australian rules football, the WRFL football competition and the SFC.

This Concussion Policy has been developed to meet the requirements of the AFL Medical Officers Association document 'The Management of Concussion in Australian Football' and has been approved by the SFC Board.

All SFC Board Directors, Committee Members, Administrative Officials, Coaches, Support Staff, Volunteers, Members, Players and Spectators will maintain the following standards whilst undertaking approved SFC activities, attending any approved SFC functions or participating in and/or watching SFC games by the adhering to the following as required:

- Apply first -aid principles to any unconscious player (Danger, Response, Airway, Breathing, Circulation, Defibrillation) – refer to First Aid and Emergency Response procedures.
- Any player suspected of being affected by: loss of consciousness, memory disturbance, persistent headache, blurred or double vision, balance problems, dizziness, drowsiness, memory problems or nausea/vomiting must be removed from the field of play for further medical assessment.
- Any affected player must be observed and monitored and pass a Sideline Cognitive Assessment Test (SCAT), before being permitted to return to the field of play (and there be no signs of concussion).
- If the affected player displays signs or symptoms of concussion, then medical personnel will monitor and regularly assess the player for deterioration in which case hospitalization will be arranged.
- Criteria for immediate referral to hospital for a more comprehensive cognitive assessment includes; prolonged confusion, increasing drowsiness, deterioration of conscious state, focal neurological signs (e.g. arm or leg weakness), persistent vomiting, increasing headache or seizure.
- Where an affected player has suffered a concussive injury and been referred for medical evaluation and/or hospitalization, a written clearance must be obtained before being allowed to return to training or playing.
- Where an affected player is discharged home, then clear and concise instructions regarding regular assessment after the game, abstinence from alcohol/driving, medication use, physical exertion and when a medical follow up is required, will be provided to the player and a nominated caregiver.
- A progressive/stepped rehabilitation program will be implemented by SFC medical personnel (in conjunction the relevant medical practitioner), which may include; stationary cycle, aerobic exercises, non-contact training drills, light resistance training exercises and then full contact training, prior to being permitted to return to formal competition play.
- If relevant symptoms reoccur at any stage during rehabilitation, then the player will be required to undergo re-evaluation by the treating medical practitioner.

For the avoidance of doubt, SFC medical personnel reserve the right in all cases to request a player, having sustained a concussive injury, to undergo an independent medical assessment and 'SCAT' test conducted by a medical practitioner with experience in concussive injuries prior to returning to training or play.

0	3.06.12	Issued for Use	R. Gardiner	A. McLaren	A. Given
Revision	Issue Date	Description	Originator	Checker	Approver