



# Concussion Policy

Concussion is a mild brain injury, caused by trauma that results in temporary dysfunction of the brain.

When it occurs a player may experience symptoms and temporary loss of some brain skills such as memory and thinking abilities. It is important for coaches to be aware of signs of concussion which are often subtle.

Some of the possible symptoms of concussion:

- Headache
- Nausea, vomiting and abdominal pain
- Dizziness
- Altered, blurred or lost vision
- Fatigue
- Ringling in the ears
- Memory disturbance
- Loss of consciousness

Some of the signs you may observe:

- Loss of balance
- Irritability
- Pale complexion
- Poor concentration
- Slow or altered verbal skills
- Inappropriate behaviour
- Mental confusion and memory loss
- Not feeling your usual self

If a player just seems to be not feeling their usual self - think of concussion.

## Management Guidelines

One of your major responsibilities as a trainer or coach is your duty of care towards your players and their safety. This duty is highlighted when players receive a knock to the head and suffer a concussive injury.

In the best practice management of concussion in football, the critical element is the welfare of the player in both the short and long term.

These guidelines should be adhered to at all times

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