



HEAD INJURIES AT TRAINING

Recognise/Remove/Referral-**IF IN DOUBT SIT THEM OUT.**

Steps to be followed after a HEAD knock at Training:

- 1. SIT THE PLAYER OUT** for the rest of the training session.
- Provide an **ICE PACK** from the First Aid Room.
- Complete a **Head Concussion Injury Form**. Take a photo/copy and give the form to the parent. ***IMPORTANT Post Concussion** information on the back.
- Refer to Hospital/Doctor**-If the child shows any of the **severe symptoms** from our Head Concussion Injury form you must ring an ambulance **-000-** immediately. If there is any mild to moderate symptoms, any **immediate symptoms** or unusual behaviour, they must go straight to the **Hospital/Doctor**. If a Concussion is diagnosed by a **Doctor**, they must complete a graduated Return to Play program. If the **Doctor** ticks No to a Concussion diagnoses, this forms medical certificate must be completed by the Doctor before they can RTP/Training.
- If there are **no immediate signs or symptoms of concussion** and none appear before their next training session (48 Hours) the player can return to play or training.
Only **tick NO** to concussion if no concussion symptoms appear in the next 48 hours. If concussion symptoms do appear, they need to go to a Hospital or Doctor immediately.

**Send your Team Manager a photo, or a copy, who will forward onto the club for their records. The Team Manager is to follow up on a player's progress before they can Return to Play.*

***We rely on the child and parents being honest. It is not tough to ignore Concussion symptoms. Report all Concussion symptoms no matter how small as this is essential for your child's best outcome. Another HEAD KNOCK could result in a severe or longer lasting concussion, risk of possible Mental Health Issues, will negatively affect their performance and pose a risk for further Injuries. A second Diagnosed concussion will double the time to complete a graduated RTP program, a third concussion will triple the amount of time to complete a RTP program.**

NEW HEAD COCUSSION INJURY FORM

Team Managers are to fill out top section with players details etc and get the sports trainer (orange vest) to fill out the details of the injury and sign our Head Concussion Injury form. Copy at the game day room for your records and email to the Managers Manager for the clubs records. For the Injury Report Forms it is the same process. The **Medical clearance at the bottom of this form must be returned** (an hour before the game at the very latest). TAKE a readable PHOTO of injury reports if you can't get it copied before giving the form to the player. On Game Days Sports Trainers are required to fill in a NRL Head Injury Recognition & Referral Form as per their own policies. This new form is for our records, is a more user-friendly Club version, that is compressed from a 3-page document into a 1-page document and is used to ensure the correct concussion policies are implemented at our club during training and on game days.
