



Mordialloc-Braeside Junior Football Club Inc

Concussion Policy

Concussion is a brain injury and needs to be identified as such. Concussion may be caused by either a direct or indirect blow to the head, face, neck or body causing an impulsive force transmitted to the head.

It is important for everyone involved in our club to be aware of how to recognise concussion, and how to manage it properly.

If concussion is suspected by the First Aid Trainer, they are to ensure the Player does not return to the game. The First Aid Trainer is to instruct the parents/guardians of the player to take the player to their GP, or local hospital's Emergency Department at their earliest convenience. Concussion cannot be left to heal on its own. For clarity, a team or ground First Aid Trainer can only suspect a concussion, confirmation of a concussion must be done by a GP or Doctor at a Hospital.

The suspected concussion must be written up in the Injury Report and presented with the team's paperwork to the Club Secretary.

The Team Manager must maintain contact in the following week with the parents/guardians of the player to enquire on the player's recovery and keep the Club Secretary updated.

Any player with suspected concussion must be taken to their GP, or local hospital's Emergency Department, at their family's earliest convenience to determine if concussion was sustained.

If a player has been confirmed of sustaining a concussion, then the Club rule applies, and that player must sit out the following week of training and game, regardless of their age group and severity of the concussion. Concussion is a brain injury and requires time and rest to mend.

When a player has a confirmed concussion, the player must be cleared by their GP, a note from the GP provided to the TM and have returned to school full-time before the player can recommence games at MBJFC, and that clearance provided to the Club Secretary prior to participating in a game.

Additional resources to manage the recovery of concussion, can be found at:

<http://www.aflcommunityclub.com.au/index.php?id=66>

<http://sma.org.au/resources-advice/concussion/>

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