CONCUSSION Management Protocol

<u>On the day of the head injury:</u>

1. If the athlete has any symptoms, REMOVE THEM FROM TRAINING
2. If there has been any period of unconsciousness or memory loss, refer to a doctor who has experience in managing concussion
3. Athlete to complete Concussion Symptom Checklist.
   a. Scan a copy of the completed checklist to the athlete's AMS injury record, or keep a copy in the club's file.
   b. **Physio/Medical to enter <New Concussion Assessment> on AMS if the available
4. Ensure that the athlete goes home with a responsible person
5. Provide the athlete with a GA Concussion Take Home Information Sheet and the staged Return To Training Protocol
6. The athlete should rest from physical and mental activity, including studying, visual stimuli

<u>The next day:</u>

1. The athlete should complete the Concussion Symptom Checklist.
   a. The athlete should not progress past stage 1 of the Return to Training Protocol until all symptoms score ZERO
2. The athlete should be reviewed by a doctor experienced in managing concussion, before progressing to Stage 2
3. The athlete will need to repeat the Concussion Symptom Checklist each day until their symptoms have resolved

<u>Return to training:</u>

1. This should be GRADUAL and in STAGES
2. The athlete should not progress past Stage 1 until the total of all symptoms on the checklist total ZERO
3. The athlete should be reviewed by a doctor before progressing to Stage 2
4. Concussion symptoms can recur, persist, or vary from day to day in some cases
5. Make sure that the athlete copes with each stage for at least three sessions before progressing to the next stage. Track symptoms with the Concussion symptom checklist
6. If there is any provocation or recurrence of symptoms, go back to the previous stage
7. The athlete should complete the Concussion Symptom Checklist each day until they reach full training
8. If there is any persistence of symptoms, refer the athlete to a doctor for assessment

Please see the GA Return To Training Protocol