School Sport Unit

Concussion management tool

A student receives a bump, blow or jolt to the head or body that causes jarring of the head or neck.

→ Remove the student from play immediately. Stop the game or activity if needed.

Observe the student immediately after the injury and again after 5 minutes for any of the following initial symptoms. Does the student exhibit any of these?

Initial symptoms:

- Facial injury (bump, bruise, or laceration)
- Pale or a change in complexion
- Development of a headache or feeling of "pressure in the head"
- Balance problems
- Nausea or vomiting

- Dizziness and/or loss of balance
- Sensitivity to light
- Sensitivity to noise
- Drowsiness or fatigue
- A feeling of not "feeling right"
- Difficulty in concentrating
- Difficulty remembering

Yes → **Student has a 'suspected concussion'**

No → **Student can return to play** → Symptoms of concussion may appear up to 48 hours after the injury. Continue to monitor the student for symptoms and **inform their parents** of the incident, asking them to do the same.

Since the incident, have any of the above initial symptoms **worsened**, or has the student displayed **any** of the following 'red flag' symptoms?

'Red flag' symptoms:

- Loss of consciousness or deteriorating conscious state
- Severe headache
- Neck pain
- Seizure or convulsion
- Loss of vision or double vision
- Abnormal behaviour change
- Dizziness, persistent vomiting
- Balance dysfunction with weakness or numbness in legs/arms
- Visible deformity of the skull

No → Follow first aid procedures and notify parents. Advise them to have the student see a GP within 24 hours. Continue to monitor for worsening or 'red flag' symptoms. **Student must not return to play without medical clearance.**

Yes → **Call 000** or go directly to the nearest hospital's emergency department.

Call the Incident Report and Support Hotline on 1800 811 523 as soon as possible.

Report incident using the Incident notification form within 24 hours.

Any student with a suspected concussion requires medical clearance to participate in vigorous or competitive school sport or physical activities within 21 days from the date of the suspected concussion.