NSW Department of Education

RSSP suspected concussion – medical follow-up

The NSW Department of Education requires teachers to take immediate action for students who are suspected of suffering a concussion. Key points to consider:

- Signs and symptoms of concussion may appear immediately or hours or days after the injury.
- The brain requires time to heal; returning to play early can prolong recovery and increase the risk of further concussions.
- Medical clearance is required for students to return to vigorous or competitive school sport or physical activity within 21 days of the concussion.

Only doctors can diagnose a concussion and provide medical clearance for a student to return to competition. This form has been completed for you to take to a doctor to assist with the medical assessment.

Observations to be completed by team manager or Head Injury Assessment (HIA) specialist

Student's first and last name:

Date: Time:

Suspected concussion from:

- ☐ a reported/observed knock to the head.
- ☐ a reported/observed heavy impact to the body that results in jarring of the neck or head.

Concussion symptoms reported or observed indicating the need for medical assessment:

Physical changes

- ☐ loss of consciousness, seizure
- ☐ facial injury (bump, bruise or laceration)
- ☐ headache or "pressure in head"
- ☐ balance problems
- ☐ nausea or vomiting
- ☐ dizziness
- ☐ more sensitive to light
- ☐ more sensitive to noise
- ☐ drowsiness, fatigue or low energy
- ☐ "don't feel right"
- ☐ neck pain

Changes in emotion

- ☐ more emotional
- ☐ more irritable
- ☐ sad
- ☐ nervous or anxious

Changes in thinking

- ☐ difficulty concentrating
- ☐ difficulty remembering
- ☐ feeling slowed down
- ☐ feeling like "in a fog"

In accordance with the NSW Department of Education's concussion procedures, your child has been withdrawn from competition until a medical assessment and clearance are obtained from a doctor.

Team manager's contact details

First and last name:	
Contact number:	Email:

HIA report: only complete if there is an HIA specialist at the event

First and last name of HIA specialist:	
HIA specialist comments:	

Parents/carers are required to take the following actions

1. Go to the nearest medical centre or hospital for assessment.
2. Call 000 or go directly to the nearest hospital's emergency department, if you notice any worsening or any of the following 'red flag' symptoms including:

- ☐ Severe **headache**, seizure, unconscious
- ☐ Worsening **eye problems**
- ☐ **Abnormal behaviour** change
- ☐ **Dizziness,** persistent vomiting
- ☐ **Balance dysfunction** with weakness or numbness in legs/arms
- ☐ **Unsteady** on feet, slurred speech
- ☐ **Memory impaired**, confused, disoriented
- ☐ **Poor concentration**, drowsy, sleepy
- ☐ **Something's not right** (concerned about child)

3. If cleared to return to competition in the current event, the team manager must receive a copy of this signed form and the medical clearance from the doctor, which includes:
   - Patient name.
   - Date of assessment and outcome.
   - Australian Medical Association provider number.
   - Confirmation of being cleared to continue in the competition.
4. If your child is diagnosed with a concussion:
   - Contact your team manager as soon as possible.
   - Inform your child's school and provide any medical advice to support their return.

Doctor's actions

To assist the NSW Department of Education event organisers in satisfying the requirements for concussion management, please complete the section below to verify that this form has been sighted.

Name: .....

Australian Medical Association number: .....

Signature: .....