

# Toowong FC

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To	<b>All Coaches &amp; Team Managers</b>	From	<b>President</b>
Copy	<b>Secretary, General Manager</b>	Reference	<b>MEMO 18/001</b>
Date	<b>15 May 2018</b>	Pages (including this page)	<b>2</b>
Subject	<b>Safety considerations, including Concussion Management</b>		

Please note that it is our unwritten responsibility as team officials to ensure the safety of our players as far as practically possible. We achieve this by taking the following actions:

### **Before play commences:**

- Check the playing area for any obvious signs of damage that could lead to injury (eg large holes, large depressions due to underground services, large areas of hard non grassed areas)
- Check the perimeter fencing has no major defects that could injury a player (bent posts, wires)
- Make sure the goalposts are secured and have no obvious signs of damage

Any issues - bring it to the attention of the referee.

### **During play:**

- If any player is seriously injured and shows signs of distress then they are not to be moved until qualified medical advice is sought REGARDLESS of the pressure from the opposition and possibly referee. Please add my number to your phone and call me if you are feeling unduly pressured.
- This is particularly important in relation to head injuries and concussion. We need to ensure that you are all aware of the Concussion Management procedures that must be followed by the Club.
- To determine if someone is concussed, the Pocket Concussion Recognition Tool (attached) is to be used. A copy of this should be put in all kit bags. The questions can be changed for Mini-Roos and Juniors to something like "What is your Coaches name?" "Did you score a goal today?".
- If you suspect a player has a concussion, they are to be immediately removed from play and are not to return to play that day – even if the player, their parents or partner say they are fine to return. Please ensure the player is not left alone (eg while the game continues) and they should not drive a motor vehicle when leaving the venue on that day.
- If a player has a red flag (listed on the Pocket Concussion Recognition Tool), and there is no qualified medical practitioner in attendance, call an Ambulance.
- If a player is assessed as having a concussion, they must provide medical clearance to the Club before returning.
- All suspected or actual concussions are to be reported to [president@toowongfc.com.au](mailto:president@toowongfc.com.au) immediately after the conclusion of the game.

***This shouldn't be daunting and will help make sure that our players are safe during their participation.***

# Pocket CONCUSSION RECOGNITION TOOL™

To help identify concussion in children, youth and adults



FIFA®



## RECOGNIZE & REMOVE

Concussion should be suspected **if one or more** of the following visible clues, signs, symptoms or errors in memory questions are present.

### 1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

Loss of consciousness or responsiveness

Lying motionless on ground/Slow to get up

Unsteady on feet / Balance problems or falling over/Incoordination

Grabbing/Clutching of head

Dazed, blank or vacant look

Confused/Not aware of plays or events

### 2. Signs and symptoms of suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:

- Loss of consciousness
- Seizure or convulsion
- Balance problems
- Nausea or vomiting
- Drowsiness
- More emotional
- Irritability
- Sadness
- Fatigue or low energy
- Nervous or anxious
- "Don't feel right"
- Difficulty remembering
- Headache
- Dizziness
- Confusion
- Feeling slowed down
- "Pressure in head"
- Blurred vision
- Sensitivity to light
- Amnesia
- Feeling like "in a fog"
- Neck Pain
- Sensitivity to noise
- Difficulty concentrating

## 3. Memory function

Failure to answer any of these questions correctly may suggest a concussion.

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

**Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.**

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

### RED FLAGS

**If ANY of the following are reported then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:**

- Athlete complains of neck pain
- Increasing confusion or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling/burning in arms or legs
- Deteriorating conscious state
- Severe or increasing headache
- Unusual behaviour change
- Double vision

### Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the player (other than required for airway support) unless trained to do so
- Do not remove helmet (if present) unless trained to do so.