



Concussion Policy

The health and safety of our members is of primary concern for Subiaco AFC.

FFA CONCUSSION GUIDELINES

The Subiaco AFC Concussion Policy should be read in conjunction with the FFA Concussion Guidelines - [https://www.footballaustralia.com.au/sites/ffa/files/2018-01/18-0102%20FFA%20Concussion%20Guidelines%20\(final\).pdf](https://www.footballaustralia.com.au/sites/ffa/files/2018-01/18-0102%20FFA%20Concussion%20Guidelines%20(final).pdf)

DEFINITION

A concussion is a type of traumatic brain injury (TBI) that occurs when the brain is shaken or moves rapidly inside the skull which can happen after a blow to the head or forceful impact to the body.

CONCUSSION SYMPTOMS

The below are symptoms of a concussion:

- Headache or pressure in the head
- Nausea or vomiting
- Sensitivity to light or noise
- Loss of consciousness
- Memory loss
- Difficulty with thinking, concentration, or balance
- Blurred vision
- Dizziness
- Sleep disturbances
- Mood changes

Symptoms are usually most severe right after the injury and usually only last a few days or weeks. However, some people can have longer-lasting problems.

It's important to not rush your recovery and to avoid resuming physical activity before your healthcare provider says it's safe.

SUSPECTED CONCUSSION

If a player is suspected of having a concussion they should immediately be removed from play and not return until a medical professional assesses them. Players with a suspected concussion should not be left alone nor allowed to drive.

PLAYER ASSESSMENT

A qualified medical professional should diagnose the concussion and advise the player on medical management and when they can return to play.

There should be no return to playing on the day of a concussion. It's important to wait until you're completely healed before returning to sports.

MORE INFORMATION

More information can be found via the Department of Local Government, Sport and Cultural Industries - <https://www.dlgsc.wa.gov.au/department/publications/publication/concussion-in-sport-and-recreation>