



HEAD INJURIES GUIDELINES

Head Injuries Policy Statement

- Any significant head injury that is sustained by a player must be treated as serious until proven otherwise by a doctor.
- Great care is needed in the initial assessment and management, especially if any degree of concussion or a decreased level of consciousness is evident.
- All unconscious players must be managed by the attending First Aid Officer and an Ambulance called **immediately**.
- The possibility of spinal injury must also be considered with any head injury.
- The player must be referred to a doctor for medical evaluation. The doctor should have a history or know the player's previous health status regarding head injury.
- **Under no circumstance should the player be allowed to continue playing or return to play during the same game. This will eliminate any potential second hit syndrome (and potential liability).**
- A certificate must be obtained from the doctor before the player resumes training or playing.
- The initial assessment and management must be carried out by the accredited First Aid Officer in attendance at the game venue, following the protocols of the First Aid Officers scheme.

Head Injury Notification

Note: If a player sustains an injury to the head and does not display the signs and symptoms of concussion immediately, it is advisable to give this form to the player's parents, relatives or another person who will be with this player for at least the next 24 hours.

Name: Age:

Sustained a head injury at (venue)

On (date) At (time)

Community Football Department, ARL Development

Program proudly sponsored by  OAMPS
Australian bred success



IMPORTANT WARNING

The injured player must be taken to hospital or see a doctor immediately if he: -

(Tick sign or symptom and give this form to the doctor)

- Is feeling nauseous (feels sick)
- Vomits
- Develops a headache that could increase in severity
- Becomes restless / irritable or irrational
- Becomes dizzy, drowsy or cannot be roused
- Develops visual disturbances (e.g. double or blurred vision)
- Has a fit
- Becomes confused or disoriented
- Anything else unusual occurs

If any of the above occurs, it is advisable to call an ambulance.

For 24 hours, the player should: -

- Rest quietly
- Not consume alcohol
- Not consume stimulants e.g. tea, coffee, cola, drinks
- Not consume pain killers e.g. aspirin, etc.
- Not drive a vehicle

The player must not resume training without medical clearance by a doctor.

.....
Rugby League First Aid Officer

INFORMATION FOR PLAYERS

When can I return to playing?

You should never return to play while you have any signs of concussion, such as headaches or dizziness. If you had memory loss or loss of consciousness, you may not return to play for one or two weeks. After a severe concussion, you may not be able to play for a month. If this wasn't your first concussion, your return to play may take even longer.

The doctor is the only person who will determine when you are allowed to return to training or playing.

What are the risks or returning too early?

A player returning too early could suffer from "second impact syndrome", which can be fatal. This problem is caused by a loss of the automatic control of blood vessels to the brain.

Never return to a sporting activity until you are cleared by a doctor.

Community Football Department. ARL Development

Program proudly sponsored by  **OAMPS**
Australian bred success



Are there any lasting effects from a concussion?

Most people get better after a concussion without any permanent damage. People have signs of concussion for weeks to months. Repeated concussions can cause permanent damage. After repeated concussions your doctor may talk with you about changing sports.

PLEASE NOTE

- **With any form of concussion, whether the player has lost consciousness or not, the possibility of spinal injury must be taken into account and assessed thoroughly.**
- **The misconception that headgear will prevent a concussion occurring is false.**
- **Any form of concussion is serious and must be managed with great care.**