A large dark blue circle containing the text 'Concussion Education'. It is surrounded by several smaller circles in shades of grey and yellow, scattered around the main circle.

# **Concussion Education**

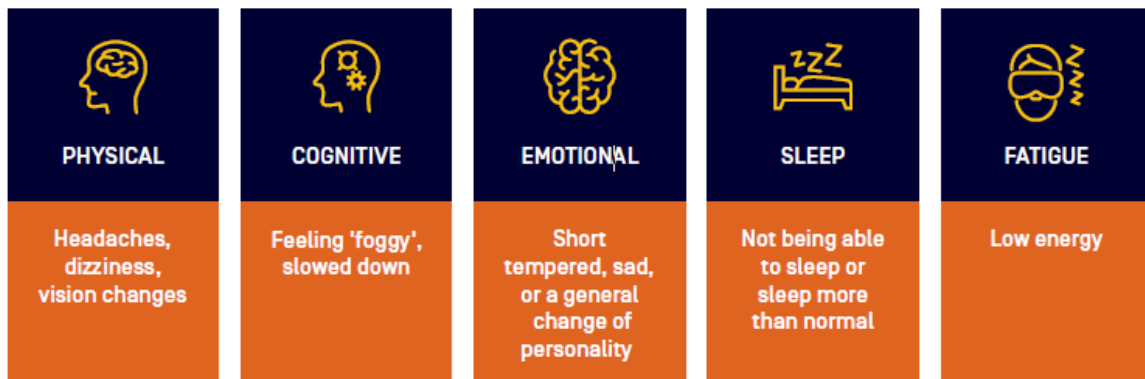
*If in doubt... sit them out...*

# What is concussion?

Concussion is a type of traumatic brain injury resulting in a disturbance of brain function. It affects the way a person thinks, feels and remembers things. Concussion occurs through a collision such as a bump, jolt, blow or hit directly to the head or via contact to the body that causes the head to move rapidly back and forth.

*Note: Concussion can also occur with relatively minor knocks.*

Concussion can affect an individual in a variety of ways including:



## How to Recognise Concussion?

If any of the following signs or symptoms are present following an injury, the individual should be assumed to have concussion and must be immediately removed from training or competition and be assessed by a medical professional.

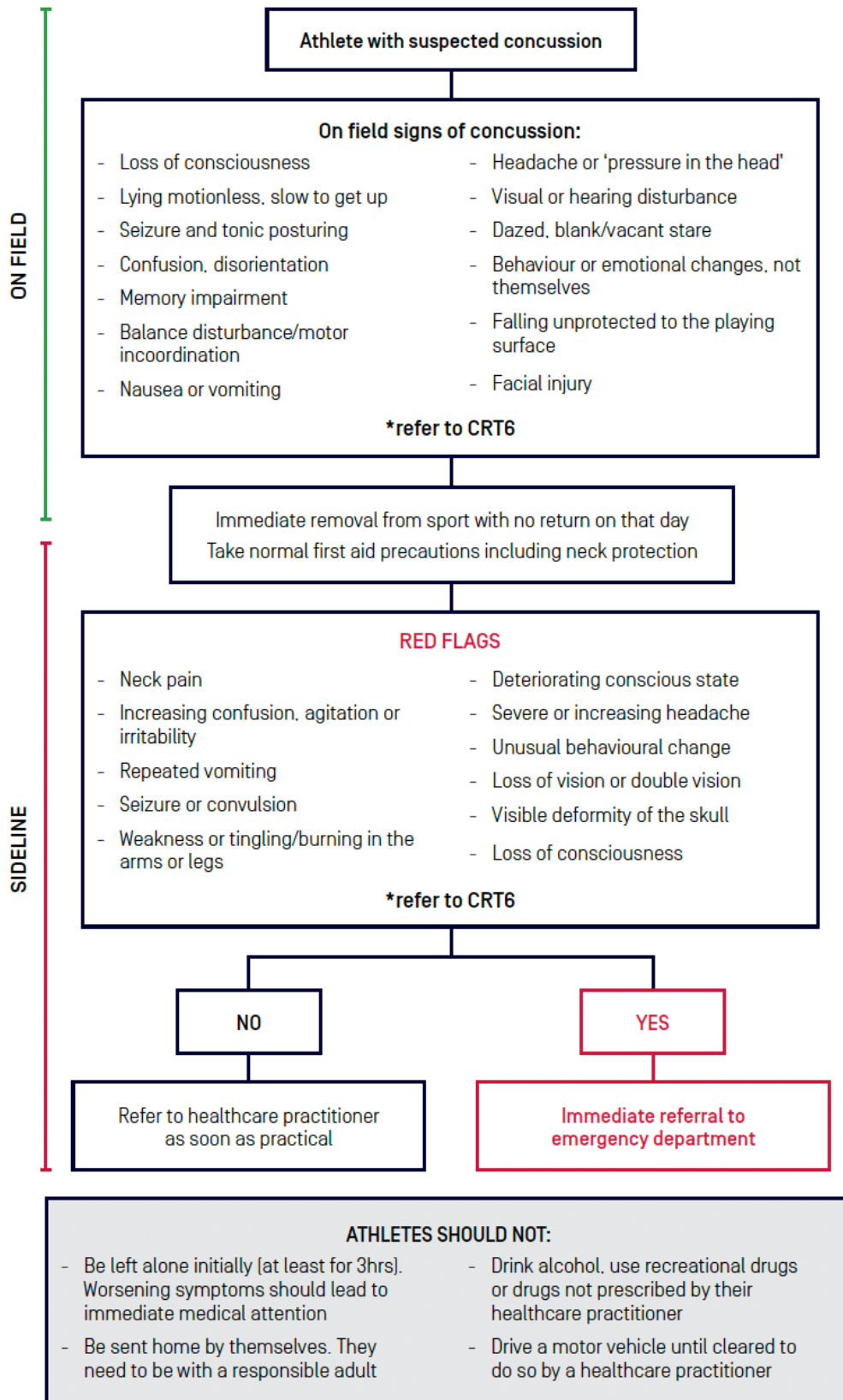
Headache	Drowsiness	Fatigue or low energy	Nervous or anxious
"Pressure in head"	Blurred vision	"Don't feel right"	Neck pain
Balance problems	Sensitivity to light	More emotional	Difficulty concentrating
Nausea or vomiting	Sensitivity to noise	More irritable	Difficulty remembering
Dizziness	Sadness	Feeling "slowed down"	Feeling like "in a fog"

**Note:** Concussion is an evolving condition. Signs and symptoms may be delayed.

*Everyone has a responsibility to report a concussion...*

# What To Do: Immediate Concussion Management

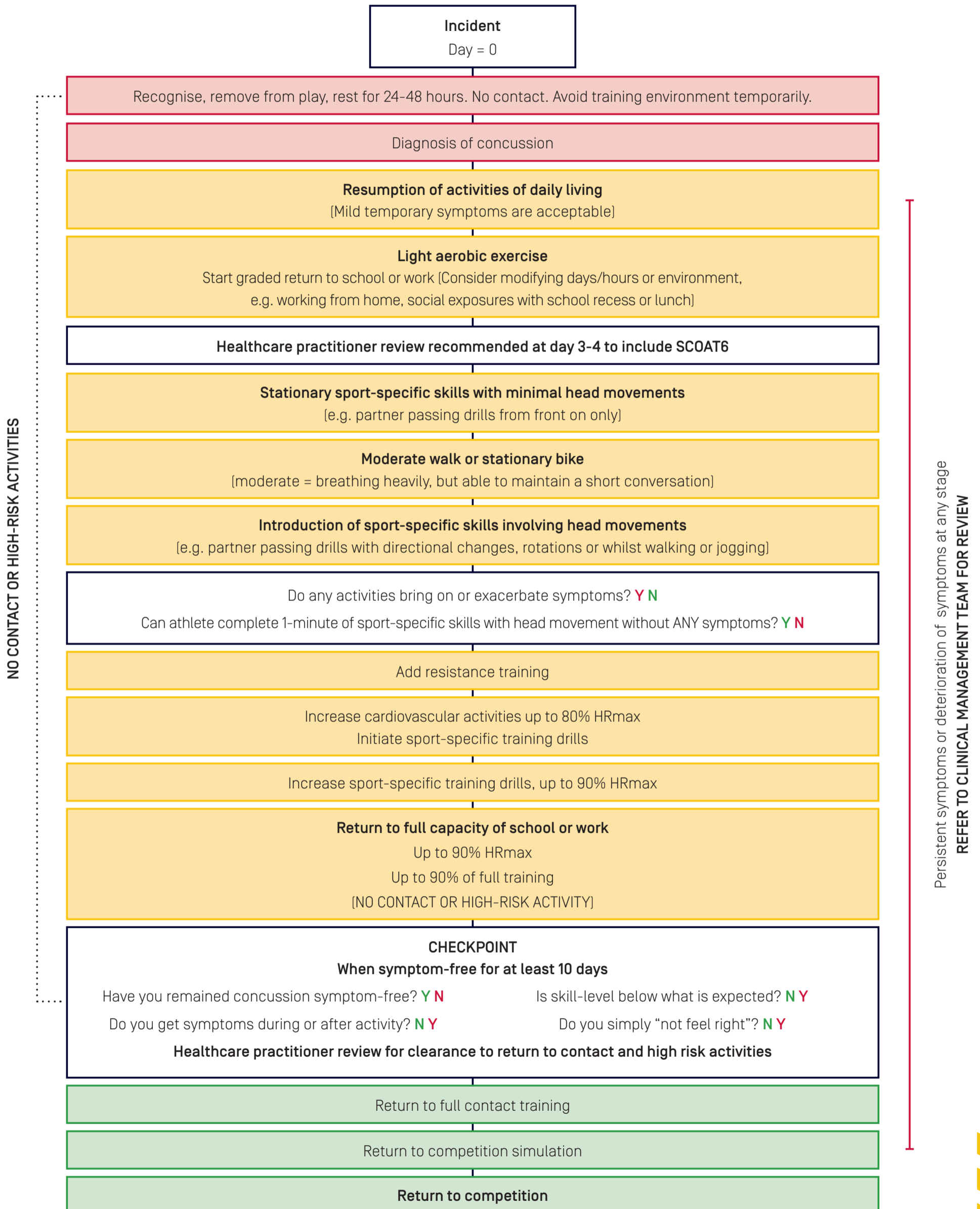
Figure 1: Non-healthcare practitioner at sporting event where there is a suspicion of concussion [for parents, coaches, teachers, team-mates, support staff]



# Graded Return To Sport Framework: For Community and Youth Sport



Each stage, highlighted in orange or green below, should be at least 24 hours and symptoms should return to baseline prior to commencing the next activity or stage.



Athletes aged under 19 years should NOT have access to earlier clearance available in advanced care settings. Youth athletes will always use the more conservative graded return to sport framework for community and youth

**Note:**

- > Day of concussive incident is considered 'Day 0'
- > Examples below assume a sport where competition occurs weekly on a Saturday
- > The 14 day symptom free period does not start until the first day that the athlete is symptom free

**Key:**

Incident
Symptomatic
Symptom-free
Contact training
Full competition

# Examples of Return to Sport Time Frames

Athlete symptom-free on day 3 (Tuesday of the 1st week)				
Saturday	5. Saturday	12. Saturday	Saturday	Saturday
Sunday	6. Sunday	13. Sunday	Sunday	Sunday
Monday	7. Monday	14. Monday	Monday	Monday
1. Tuesday	8. Tuesday	Tuesday	Tuesday	Tuesday
2. Wednesday	9. Wednesday	Wednesday	Wednesday	Wednesday
3. Thursday	10. Thursday	Thursday	Thursday	Thursday
4. Friday	11. Friday	Friday	Friday	Friday

Athlete symptom-free on day 7 (Saturday of second week)				
Saturday	1. Saturday	8. Saturday	Saturday	Saturday
Sunday	2. Sunday	9. Sunday	Sunday	Sunday
Monday	3. Monday	10. Monday	Monday	Monday
Tuesday	4. Tuesday	11. Tuesday	Tuesday	Tuesday
Wednesday	5. Wednesday	12. Wednesday	Wednesday	Wednesday
Thursday	6. Thursday	13. Thursday	Thursday	Thursday
Friday	7. Friday	14. Friday	Friday	Friday

# WHC SSP Rehabilitation Guide

If my child gets injured on the weekend

Email the Athletic Development Coach relevant to your sport

Football



Will Sexton

[william.sexton@education.vic.gov.au](mailto:william.sexton@education.vic.gov.au)

Netball



Seth Tomlinson

[seth.tomlinson@education.vic.gov.au](mailto:seth.tomlinson@education.vic.gov.au)

Basketball



Kris Blicavs

[kris.blicavs@education.vic.gov.au](mailto:kris.blicavs@education.vic.gov.au)

Soccer & AAP



Nick Richardson

[nicholas.richardson2@education.vic.gov.au](mailto:nicholas.richardson2@education.vic.gov.au)

Details: The injury or suspected injury - any treatment or medical assessment - any notes from medical assessment - likely level of participation

Aim: Allows staff to make more informed decisions - Allows staff time to prepare for alternative activities

## SSP Rehabilitation Process

Note: It is **STRONGLY** recommended that parents of Western Heights Specialist Sports Program students consider private health insurance due to the higher risk of injury in participating in this program

If you choose to use the SSP physiotherapist Mike Snelling

Typical Availability -->

Monday 8-11am

Wednesday 8-11am

Friday 8-11am

Priority for these spaces is given to more serious injuries - Less severe injuries can first be managed by the Athletic Development Coach or you may seek assessment & treatment outside the school - See recommended physiotherapists below

3rd Space Physio: 52 458 059

Barwon Sports Physio: 52 781 211

Consent is given for assessment & treatment when signing up to the SSP program (you can opt out)

The student must first go through their relevant Athletic Development Coach to book in

Feedback via email will be provided on a case by case scenario

As a development based program we are here to advocate for the best interests of the student/athlete - We will help guide their return to play safely - We will aim to keep them engaged in the program however possible through this time!

**Email Nick Richardson if you have any questions or concerns**

# Specialist Referral

## **10 South Sports Medicine**

*hello@10south.com.au*

52211126

10 W Fyans St, Newtown, Vic 3220

## **Barwon Sports Physio**

*Tristian Dower*

*Info@barwonsportsphysio.com.au*

52781121

30 Bellarine St, Geelong, Vic 3220

## **Geelong Sports Medicine Centre**

*Megan Hamilton*

*info@gsmc.net.au*

52222047

1-5 Ballarat Road, Geelong, Vic 3215

## **Neurological Physiotherapy Geelong**

*Rosie Marsiglio*

*admin@neurophysiogeelong.com.au*

(03) 42070279

158 Fyans St South Geelong, Vic 3220

