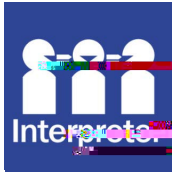


# MELBOURNE HIGH SCHOOL

## CONCUSSION POLICY



Help for non-English speakers

If you need help to understand the information in this policy please contact the school on 98260711

### PURPOSE

To ensure that Melbourne High School provides appropriate support to students with health care needs.

### OBJECTIVE

To explain to Melbourne High School parents, staff and students the processes and procedures in which students, who are diagnosed with a concussion and

parents/carers

### POLICY

The Melbourne High School concussion policy was developed to address the impact of concussion on students. Contact sports such as Rugby, AFL, Soccer, Futsal and Hockey use concussions. People can sustain concussions outside of sports e.g. a bang on the head from falling over, or from a sudden and vigorous movement of the head such as a whiplash injury from a car accident.

The brain is a soft tissue and is very vulnerable to injury.

- x Concussion causes a disturbance in brain function
- x Children and adolescents are more susceptible to concussion, take longer to recover, have more significant memory and mental processing deficits
- x Concussion usually follows a head collision, however can occur with a collision to other parts of the body e.g. shoulder or neck
- x Symptoms can come on at any time, but usually within 24 hours after a collision
- x Concussion can occur without a person being knocked out, or

Loss of consciousness or  
unresponsiveness

Visual problems

What team did you play last

- x Repeated vomiting (i.e. more than once)
- x Severe or unusual neck pain

This applies to students being assessed in The Health Centre

#### Step 5: Rest

Rest is crucial to recover from a concussion

- x The student must COMPLETELY rest for a minimum of 24 hours after injury
- x The aim of this complete rest is to reduce the signs and symptoms to a level where all

It is important to note that symptoms of a concussion can take two or more weeks to subside, depending on the severity of the knock to the head

If the student is involved in a sport, the relevant coach will be notified of the student's condition and a return to play date provided. The coach (rugby) will work with the player on their GRTP program and ensure they remain on track ensuring there is no exacerbating symptoms. The coach and the school nurse will keep in contact about the student to ensure the student does not return to play too soon.

### Rugby at Melbourne High School

At the beginning of each season, each player will undertake a baseline cognitive function test. This test is based on a game-like format and is a series of four tests which measure attention, reaction, working memory and learning. If a student then sustains a head injury during the season, the student can be re-tested and the baseline test compared to the post-knock test to see if the head knock has caused any cognitive changes. From this, an individual treatment plan is then devised.

Melbourne High School uses Optimus Health for the baseline cognitive testing and uses trained game day medics. The medics are trained in concussion awareness. If a player sustains a head knock during a match, the medic will remove the player from the field and monitor for signs and symptoms of a concussion. The player is NOT to resume play. At the end of the game, the medic will perform a SCAT5 test. As per Melbourne High School protocols, if a player sustains a head knock, the medic will contact the parents (if not at the game) and the parents are to come and collect the student from the game. The medic is to advise parents they must take the player for medical review within 72 hours of the injury and the School Nurse MUST review them when they return to school so the GRTL and GRLP can be commenced.

The medic will document the head knock/concussion (and all injuries) from a game on First Aid Treatment Provided by a Game Day Medic document and forwarded to the School Nurse. The School Nurse reviews this on Monday morning. If a player 'forgets' to turn up for his review (which is