

CONCUSSION PROCEDURE



ST ANDREW'S COLLEGE

- The field side assessment will be done by the **Paramedic/ First Aider/ L Christie/ Boksmart Coach** who will make the call if the player can continue playing or not. **Every Player** who has taken a knock and had a field side assessment must be followed up at the San. The coach must be notified that the player has a suspected concussion and will be reporting to the San as soon as possible.
- **Any player** who takes a knock and has symptoms has to be treated as a concussion.
- The player must be accompanied to the San either by a first aider, team player or paramedic to be assessed. For away games, the nearest field side medical facility should be sought for an evaluation by a suitable qualified health care practitioner and the injured player should be accompanied by a staff member and brought to the San on arrival back at College.
- The acute assessment form for Dr Patricios needs to be completed **within 12hrs** of injury.
- The player will be **required to stay in the San overnight** for observation and to keep him away from stimuli which will exacerbate the concussion.
- Boys not staying at the San will be issued with the “48 hours concussion guideline”.
- The player will then be notified when he needs to come and see the school doctor for a medical assessment. **The player will be off all sport during this time. In addition, symptomatic boys may be kept away from class until “cleared to learn” by the doctor.**
- **No player suspected of suffering a concussion may return to sport without a doctor’s assessment.**
- Once the symptoms have neared resolution the player must **notify the San Sister, who will decide** when he is ready to do the CogState Sport computer cognitive test at the San.
- The San Sister will email the test and clinical information to Dr Patricios who will give feedback within 24hrs (usually 12hrs). The test may need to be repeated until Dr Patricios is satisfied with the result.

- Once Dr Patricios is happy with that the test is close to the baseline result and all other return-to-play criteria have been fulfilled, the player will be given a **return-to-sport (RTS) programme** which will be done with the oversight of Mr L Christie (SAC) or the coach (Prep). This involves a gradual increase in activity and takes a minimum of **5 days** to complete. **(10 days for Prep boys)**.
- The process **may be repeated** as many times as necessary until a satisfactory result is obtained.
- The RTS form needs to be signed by the conditioning coach (SAC), head of Rugby (SAP) once it has been completed and returned to the San. **Once this is done the player will be back on sport.**
- **The Concussion Spreadsheet is updated daily** on the off sport document and sent to all staff with the daily notice. Academic staff and coaches can follow the boy's progress on the Concussion Spreadsheet and are free to direct any queries to the San Sister.
- Boys who are not part of the Cogsport Program will have a mandatory 3 week off sport.