



ABN: 72 893 760 500

## Concussion Guidelines

### **Important Disclaimer**

The information contained in this guide is general in nature and does not constitute medical advice from a doctor or health professional. While all reasonable attempts have been made to ensure the accuracy of the information in this guide, Hockey Albury Wodonga and associated parties cannot accept responsibility for loss, injury, claim or damage resulting from the use or application of information within this guide.

## 1. Introduction

Hockey Albury Wodonga uses the guidelines produced Sports Medicine Australia and recommended by Hockey Australia. The Sports Medicine Position Statement can be found [here](#). The points below have been extracted from this Statement as a quick reference.

These guidelines should be considered for all participants involved in hockey, including players, officials, umpires, coaches, parents, volunteers, staff and spectators.

## 2. Definition of Concussion

A concussion is a disturbance in brain function caused by a direct or indirect force to the head. Concussion is a subset of mild traumatic brain injury that is at the less severe end of the brain injury spectrum. It is characterised by a graded set of neurological symptoms and signs that typically arise rapidly and resolve spontaneously over a sequential course. The process of recovery, however, varies from person to person and injury to injury.

## 3. Symptoms of Concussion

If a player shows ANY of the features of a concussion listed below they should be treated as having concussion.

- Symptoms: Headache, dizziness, nausea, vomiting, blurred vision, sensitivity to light and noise
- Physical signs: slow to get up, holding of head, unsteadiness, dazed look, loss of consciousness (in about 10% of cases), loss of balance and poor co-ordination
- Behavioural and emotional changes: irritability, sadness, anxiety
- Cognitive impairment: slowed reaction times, difficulty concentrating, amnesia, feeling in a fog, confusion; and
- Sleep disturbances: sleeping more or less than usual, insomnia.

## 4. Treatment

If a player shows ANY of the features of a concussion they should take no further part in the game that day, consult a medical practitioner and only resume playing once they have been cleared by their medical practitioner.