



## Concussion – Whole school protocol

There is heightened concern around concussions that young people are getting from a multitude of sports; peoples' understandings and diagnosis of it, the short and longer term effects and ultimately, the young person's return to learning (and sport). Significant medical research has been done around this and there is now enough to suggest a Best Practice Model. Coaches and parents are at the forefront of this and ACC will be producing resources so they are well aware of the physical, clinical, memory recognitions and particularly the red flags that require immediate hospitalisation.

Primarily there needs to be a focus on the student's short & long term learning capacity; associated with this is a need to ensure their 'return to sport' is carefully managed.

Red Flag symptoms that should receive immediate medical treatment include:

- Loss of consciousness • Seizure or convulsion • Nausea and vomiting • Dizziness • Neck Pain • Blurred vision
- Severe/increasing • Headache • Tingling/Burning in arms/legs

Other potential symptoms include:

- Feeling slowed down • Drowsiness • "Pressure in head" • More emotional • Irritability\* • Sensitivity to light/noise
- Sadness • Amnesia • Fatigue or low energy • Feeling like "in a fog" • Balance problems • Confusion • "Don't feel right"
- Difficulty remembering/concentrating • Anxiety/Nervousness

While the "graduated return to play" outlined below is that prepared and endorsed by NZ Rugby, Marsden School has adopted the protocol across all codes and that any player demonstrating any of the symptoms that could possibly be related to concussion must be stood down from all sport until as a MINIMUM they have fulfilled the mandatory 23 day stand down prescribed below including the graduated rehabilitation and then must have a medical certificate to support their return to play.

The stages below are the minimum expectations for those under 20 and critical to this are Stages 1 & 6 and that it's a graduated return to play over 23 days

### GRADUATED RETURN TO PLAY - REHABILITATION STAGES

- |   |               |              |
|---|---------------|--------------|
| 1. Medical assessment within 48 hours of suspected concussion   | <b>Day 1</b>  |              |
| 2. Complete mental and physical rest until symptoms have cleared*   |               | next 14 days |
| 3. Once symptom-free, light aerobic exercise, such as walking or stationary cycling   |               | next 2 days  |
| 4. Sport-specific exercise, such as running or ball handling activities only if symptom-free.<br>NO head impact activities. |               | next 2 days  |
| 5. Non-contact training drills only until medical clearance given and only if symptom free.                                 |               | next 2 days  |
| 6. Medical Clearance - only then back to full contact training  |               | next 2 days  |
| 7. Return to play – pending #6  | <b>Day 23</b> |              |

\*at any stage in this return to play, athletes need to remain symptom free before going to the next step. Should they develop symptoms during this process, they need to rest again until they have been symptom free for 48 hours, before returning to the level where they did not have symptoms.

These guidelines and protocols have been endorsed by: Dr Ruth Highet

Medical Director  
Wellington Sports Medicine

Dr Theo Dorfling

Capital Sport Medicine Physician  
Hurricanes Super Rugby Team Doctor

I \_\_\_\_\_ understand and accept the concussion guidelines for Samuel Marsden School.

Signature \_\_\_\_\_ Team \_\_\_\_\_ Date \_\_\_\_\_