

## **QUIDDITCH AUSTRALIA CONCUSSION POLICY**

This policy defines what a concussion is, the procedure when a concussion is assessed and the return to play procedure. This policy is in addition and should be read in conjunction to the Quidditch Australia Injury Policy.

### ***WHAT IS CONCUSSION***

- A concussion is a brain injury.
- Concussion causes a disturbance of brain function.
- Symptoms can come on at any time, but usually within 24-48 hours after a collision.

### ***HOW CAN IT HAPPEN?***

- Concussion usually follows a head collision, but can occur with a collision to other parts of the body.
- Concussion can occur without the player being “knocked out” i.e. losing consciousness.

### ***WHAT CAN BE THE CONSEQUENCES?***

- Most concussions recover with physical and mental rest.
- Concussion that is ignored or not recognised can be fatal.

### **PROCEDURE IF CONCUSSION IS PRESENT:**

- If the referee team or medical team witness a potential head injury or concussion, the player must be removed from the field immediately for assessment
  - The head referee has a duty of care to all players on the pitch. IQA Rulebook 2018-2020 1.3.4.B.i outlines head referee must stop play immediately when a player has a serious injury, including any non-superficial head injury.
- Assessment should be done by the medical team using SCAT5 Pocket Concussion Recognition Tool.
- If a player has potential head injury or concussion as assessed by the medical team, they will not be permitted to return to play, act as a referee or act as a speaking captain on the same day that potential head injury or concussion occurred.
  - If a player attempts to do any above, the referee team may give a Yellow Card for disregarding an official’s directive as per IQA Rulebook 2018-2020 10.3.1
- If a player exhibits signs of concussion as assessed by the medical team, they should be referred immediately to the emergency department of the nearest hospital.
- Players exhibiting signs of concussion should not be left alone or permitted to operate a vehicle. They should be escorted to hospital by a third party.

## RETURN TO PLAY

Quidditch Australia follow the Concussion in Sport Policy developed by Sports Medicine Australia (<https://sma.org.au/sma-site-content/uploads/2018/03/Concussion-Policy-2018.pdf>) The MINIMUM period before RETURN TO PLAY is 8 days. However, Quidditch Australia RECOMMENDS 12 days to be in line with Rugby Australia's concussion policies.

- No players will be permitted to return to play within 48 hours after being assessed for concussion by a medical practitioner and/or exhibiting signs of concussion by the medical team.
- If a player has been diagnosed with concussion, they must follow the procedure in Figure 1.
- The player must give 24-48 hours rest before progressing to Stage 1. Each stage should last 24 hours before progressing to the next stage. If a player starts exhibiting signs of concussion, they must drop down to the stage below for another 24 hours.
- The player must sign off on each stage on the Return To Play form, which must be countersigned by their coach, captain or team representative.

### Following 24–48 hours of physical and mental rest

Stage	Activity	Goal of Each Stage
1. Daily activities while remaining symptom-free	Daily activities that do not provoke symptoms	Gradually reintroduce work or school activities.
2. Light aerobic exercise	Walking, swimming or stationary cycling at a slow to medium pace. No strength or weight training	Increase heart rate
3. Sport-specific exercise	Running drills in football or skating drills in ice hockey. No activities with head impact	Add movement
4. Non-contact training drills	Harder training drills, e.g. passing etc. Start progressive strength or weight training.	Exercise, coordination, and mental load
<b>After receiving medical clearance</b>		
5. Full contact training	Normal training activities	Restore confidence and assess skills by coach
6. Return to play	Normal game play	

Figure 1: Return to Play Stages (Sports Medicine Australia)

- No players will be allowed to return to play without a medical clearance stating that the player is **cleared of all concussion symptoms and able to return to full contact training**. This must be presented to both Tournament Director/State League and medical team in addition to the Return To Play Form.

## RETURN TO PLAY FORM

This form must be presented, with medical clearance letter, both the Tournament Director/State League and medical team before competing.

**NAME:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **TEAM:** \_\_\_\_\_

**DATE OF CONCUSSION:** \_\_\_\_\_ **ATTENDED HOSPITAL:** Y/N

STAGE	DATE	SIGNATURE	SIGNED BY COACH, CAPTAIN, TEAM REPRESENTATIVE
<b>0:</b> 24-48 hours physical and mental rest while remaining symptom free			
<b>1:</b> Daily activities while remaining symptom free			
<b>2:</b> Light aerobic activity while remaining symptom free			
<b>3:</b> Sport-specific exercise while remaining symptom free			
<b>4:</b> Non-contact training drills while remaining symptom free			
<b>GP Visit:</b> cleared of concussion symptoms and able to return to full contact training			
<b>5:</b> Full contact training while remaining symptom free			
<b>6:</b> Cleared to return to play by coach, captain and/or team representative			

**I DECLARE THAT I HAVE BEEN CLEARED TO PLAY** \_\_\_\_\_

**OR; 12 DAYS HAVE ELAPSED SINCE CONCUSSION** \_\_\_\_\_