

Reynella Football Club

The Wineflies



Reynella Football Club

Concussion Policy

Concussion: a disturbance in brain function caused by a direct or indirect force to the head.

ALL Players are **Required** to see a medical professional to obtain a medical certificate before returning to training, which must be shown to the team trainer.

ALL Junior (U18), will not play the following week, and then may return to training.

The athlete will return to training in a gradual manner.

Players are advised not to return to school/work until they are symptom free.

Problems could arise in the first 24 – 48 hours. When to go to hospital:

- Headache that gets worse
- Very drowsy and can't be woken
- Can't recognise people or places
- Repeated vomiting
- Confusion, very irritable
- Seizures
- Weak or numb arms and legs
- Slurred speech, unsteady on feet

Important Advice:

- Rest: physically and mentally
- No Alcohol
- No sleeping tablets
- Do not drive