



Montmorency Junior Football Club

Concussion Policy

This policy will outline Montmorency Junior Football Club's approaches & expectations with regards to activities associated with or in response to any actual or suspected case of Concussion.

MJFC's concussion is intended to align directly with the Northern Football Netball League Schedule 37 Policy Concussion Policy and Guidelines issued March 2021 and can be found on the MJFC website

Purpose

The purpose of this policy is to reduce the risk of injury and harm associated with the medical condition of Concussion

Concussion Policy

The MJFC view the issue of concussion very seriously. Under no circumstances is a child allowed to participate in any training or a game if there is any risk.

Concussion occurs when, after a blow to the head, there is a brain injury with some immediate disturbance of brain function. Any player showing the signs or symptoms of concussion should be removed from



Policy: Medical Concussion

the field immediately and referred to a medical practitioner.

A player, who has suffered concussion with or without losing consciousness, should not participate in any match or training session until he or she is fully recovered and has been cleared by a thorough medical examination.

The incidents must have a injury / incident form completed.

The MJFC must sight a medical clearance before allowing a player who has suffered concussion to resume playing.

The Medical Certificate is to be held by the Committee or team manager prior to playing and returning from injury. The Medical Certificate is to be attached to the Club Copy team Sheet and returned to the Secretary

As an aid to assisted MJFC Medics in the assessment of head injuries a SCAT2 (Sport Concussion Assessment Toll 2) card may be kept in the Team medics Kit.

The MJFC carries medical insurance to assist with the costs should a player need medical treatment as a result of an on-field injury - be it during a game or during training.

Anybody from our club who wishes to make a claim should first visit the website www.marsh.com.au where they will find full details of the insurance cover and where they can download a claim form.

Version	Review date	Reviewed by:	Frequency of Review	Next Review due:
003	3 rd July 2021	Jim Glover & Darren Rigg	3 Yearly	3 rd July 2024

Pocket SCAT2



FIFA®



Concussion should be suspected in the presence of **any one or more** of the following: symptoms (such as headache), or physical signs (such as unsteadiness), or impaired brain function (e.g. confusion) or abnormal behaviour.

1. Symptoms

Presence of any of the following signs & symptoms may suggest a concussion.

- Loss of consciousness
- Seizure or convulsion
- Amnesia
- Headache
- "Pressure in head"
- Neck Pain
- Nausea or vomiting
- Dizziness
- Blurred vision
- Balance problems
- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Feeling like "in a fog"
- "Don't feel right"
- Difficulty concentrating
- Difficulty remembering
- Fatigue or low energy
- Confusion
- Drowsiness
- More emotional
- Irritability
- Sadness
- Nervous or anxious