



## HEAD INJURY

Most head injuries are not serious but occasionally they can be and may result in damage to the brain. It is recommended that you seek medical attention immediately if any of the following develop as a result of trauma to the head.

- continuing headache despite taking regular pain relief or a headache that is increasing in severity
- vomiting – more than once
- Bleeding or watery discharge from the ear or nose
- Numbness, weakness or tingling in face arm or leg
- Confusion, drowsiness, irritability, crying or distress
- Anything that resembles a fit or seizure
- Uneven pupil size and/or blurred vision
- Becomes unconscious
- Slurred speech or difficulty swallowing
- New deafness in one or both ears
- Difficulty walking or clumsiness
- Unusual breathing patterns
- You are concerned for any other reason

## CONCUSSION

A child who has received a diagnosis of concussion from a medical practitioner, will be required to follow the guidelines for a gradual return to learning, sport and play.

## RETURN TO LEARNING, SPORT AND PLAY

Children require a very cautious approach, as their brains are still developing and acquiring knowledge. Current evidence supports a gradual return to school/learning and play.

Your son should have a period of complete physical and mental rest ('brain rest'). He should refrain from sport, vigorous play and activities that require mental concentration including school/learning, computer and phone use, television and gaming consoles. Once your son has been symptom free for 48 hours he can commence a gradual return to school, play and sporting activities as shown below. If your son remains symptom free he can progress to the next stage however; if he develops any symptoms he should move back one stage and try again after a further 24 hrs.

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Custodian of document: Nurse Manager	Date last updated: June 24, 2020	

## Return to learning, sport and play protocol for children 18 years of age and under

STAGE	ACTIVITY	AIM OF STAGE
<b>STAGE 1: No activity</b> Remain at home for first 48 hrs following concussion diagnosis	Complete physical and mental rest	Recovery
<b>STAGE 2: If symptom free</b> <b>Return to learn and light aerobic exercise (24 hours)</b>	Learning and return to walking, swimming and stationary cycling	Gently increase heart rate
<b>STAGE 3:</b> <b>Sport-specific exercise, non contact (24 hours)</b>	Running drills at football codes, cricket, basketball, hockey	Add movement.
<b>STAGE 4:</b> <b>Non-contact training drills (24 hours)</b>	Passing drills at football codes, cricket, basketball, hockey May add resistance training	Add co-ordination and exercise
<b>MEDICAL CLEARANCE</b>	Parents to provide a doctor's clearance certificate to Head of House and Health Centre	Ensure student is safe to return to normal activities
<b>STAGE 5:</b> <b>Full contact practice (24 hours)</b>	Participate in normal training activities	Restore confidence and allow coaching staff to assess progress.
<b>STAGE 6:</b> <b>Return to play (Minimum 7 days from initial diagnosis)</b>	Normal game play, excluding PSA fixtures	

- After suffering concussion, students will not play a fixture for fourteen days (minimum).

Christ Church Grammar School has referenced the guidelines established by the Government of Western Australia Child and Adolescent Health Service, Sports Medicine Australia, Australian Institute of Sport and Australian Medical Association.