

Management of Concussion and Head Injuries at Mazenod College.

Ref: A: The management of concussion in Australian Rules Football; AFL, April 2011.

B: British Journal of Sports Medicine, 2009, vol 43, supplement 1.

Mazenod College Ltd, either independently or through its affiliated bodies, has a duty of care to all personnel involved directly in the College or participating in activities conducted by these affiliated bodies.

It must be understood that concussion can be caused by direct means, such as a knock or bump to the head, or indirect means, such as whiplash, and will result in trauma to the brain. The minimum condition is it causes the brain to be compressed against the inside of the skull. This disturbance is what we refer to as Concussion and does not necessarily result in unconsciousness.

Any player who is unconscious for any period of time must receive urgent medical attention. This may necessitate calling an ambulance. Carriage of such a person in a private car is dangerous as they could easily lapse into unconsciousness, presenting an unmanageable situation for the driver.

ALL players with concussion or suspected concussion require urgent medical attention. Their condition must be continually monitored from the time they leave the field, in particular, looking for any change in their responses or level of consciousness.

Any player with concussion (under the above definition) must be removed from the game/activity immediately and not allowed to take any further part in that game/activity. Serious complications can occur if a person returns to the field of play before they have fully recovered. Such complications have the potential to be fatal. They can result from the simple act of running or another bump on the head.

If the student is a boarder the Head of Boarding must be notified as soon as possible. This must be before the student returns to the Boarding House.

If the student is not a boarder the parents must be notified and arrangements made with them as to what is to be done next.

No Mazenod student is to be allowed to return to training, play in a game or take part in a class until they have a formal medical clearance. This must be in writing from their own GP, or Dr Greg Caddy in the case of boarders, and must be signed by the relevant teacher, coach and team manager as having been sighted. Once this is done it must be returned to the College Administration as soon as possible in the next two working days.

In all cases, it is strongly advised that parents/guardians seek medical advice following a head injury, regardless of severity.