



Guildford Grammar School

FOUNDED 1896

Concussion Management Guidelines

Objective:

The attached documentation for Guildford Grammar School serve as a structured framework and are closely aligned with the [Australian Concussion Guidelines for Youth and Community Sport](#) which have been updated by the Australian Sports Commission in 2024. These guidelines refer to all concussion injuries and aim to prevent, recognise, and manage concussion within the school community regardless of how and where the concussion occurs.

Guildford Grammar School has a duty of care for the safety and welfare of all students and staff which extends to taking reasonable measures to prevent foreseeable injury or harm.

Given the consistent and growing body of evidence relating to the recovery of children and adolescents with concussion, along with the possibility of ongoing health implications, an age-appropriate approach to return to learn and physical activity is recommended as supported by Australian Sports Commission and Sports Medicine Australia. The guidelines cover all physical and sporting activities within a training and/or competitive environment. They apply to all sports regardless of the level of contact or physicality.

Concussion:

Concussion is a traumatic brain injury resulting in a disturbance of brain function. It occurs through a collision with another person or object where biomechanical forces to the head or anywhere on the body transmit an impulsive force to the head and brain. In most cases this results in transient impairment and can occur with relatively “minor” knocks.

Concussion is considered an evolving injury with symptoms changing over hours or days after the injury.

Physiological recovery may take longer than clinical recovery and the average time taken to resolve the symptoms may vary according to sex, age, athletic status, and the presence of pre-injury medical conditions.

Management:

- Students, staff and visitors who suffer a head injury or concussive injury will be offered first aid at the time of the injury by our Medical Centre team of nurses. If the nurses are not present at the time, they are available for consultation by telephone.
- All Medical Practitioners (nurses, first aiders, physios) are familiar with the [Concussion Recognition Tool 6](#) which is the recommended assessment tool to help identify concussion in students’ adolescents and adults. More information: <https://sma.org.au/resources/concussion/>
- If there is any concern a student may have symptoms indicative of concussion, it is imperative they are taken off the field for the remainder of the game and referred for further assessment. IF IN DOUBT, SIT THEM OUT.
- A [concussion referral and clearance form](#) (Resources) will be provided to the student, parent /guardian for them to take to their treating Medical Practitioner. Some of the symptoms listed in the CRT6 include:

Headache “Pressure in Head” Balance Problems Nausea or Vomiting Drowsiness Dizziness Blurred vision Sensitivity to light Sensitivity to noise Fatigue or low energy “Don’t feel right” More emotional More irritable Sadness Nervous or anxious Neck Pain Difficulty concentrating Difficulty remembering Feeling slowed down Feeling like “in a fog”

Reporting:

- All suspected concussion injuries with the completed referral and clearance form must be reported to the Guildford Grammar School Sport office GGS.Sport@ggs.wa.edu.au by Monday morning following any incidents over the weekend. It is a requirement of the parents/guardians to have the student reviewed by a medical practitioner within 72 hours of the suspected head knock.
- The Sport office will then liaise with the Concussion Officer who will contact parents and guardians enrolling all the students in the Concussion Management Clinic which is run from the Medical Centre with a Doctor and the Concussion Officer in attendance.
- All students will be reviewed by the doctor here at Guilford Grammar School Medical Centre who will track their recovery, monitor their symptoms, and support their progression through to return to play after a minimum of 21 days post injury.
- The Concussion Officer will continue to ensure there is regular communication with parents and/or guardians and the Head of Sport will be informed of the progress of each student throughout the recovery period including the stages of return to learn and return to play.

Return to Learn:

- Return to learn is intended to provide an outline of the student's gradual return to their usual program at school or work. When a concussed child or adolescent starts to concentrate for long periods, the "load" on the brain can bring on or worsen the symptoms of concussion. Gradually increasing the load on the brain without provoking symptoms is recommended, therefore it is important to avoid any physical activity for the first 24-48 hrs and follow the [Return to Learn Guidelines \(In Resources Section\)](#) as outlined in the documentation provided by the Australian institute of Sport.
- School programs may need to be modified to include more regular breaks or scheduled assessments or exams may need be rescheduled during this time. An official letter may be provided by the Doctor attending the Concussion Clinic outlining the necessary academic accommodations necessary to assist with the return to learn process. (Letter of Academic Modification) (More information: [Sports Medicine Australia](#) & [Australian Sports Commission](#))

Graded Return to Physical Activity and Sport.

- If a Concussion is suspected, physical and cognitive rest is recommended until Medical Assessment and advice provided. Once the student has been slotted into the Concussion Clinic at the Medical Centre, all assessment and monitoring will be under the management of the Concussion Officer as per the [Graded Return to Sports Framework for Community and Youth](#).
- Students will only return to full contact sport practise and competition once they have been cleared by our Medical Doctor and Concussion Team.
- Students should not return to sporting competition before 21 days post initial concussion injury and must have remained symptom free for at least 14 days.

An example of the return to Sport time frame is seen below:

Examples of return to sport timeframes

Note:

- > Day of concussive incident is considered 'Day 0'.
- > Examples below assume a sport where competition (competitive contact) occurs weekly on a Saturday.
- > The 14-day symptom-free period does not start until the first day that the athlete is symptom-free.

Key:

Incident
Symptomatic
Symptom-free
Contact training
Full competition

Example 1. Athlete symptom-free on day 3

Week 1	Week 2	Week 3	Week 4	Week 5
Saturday	5. Saturday	12. Saturday	Saturday	Saturday
Sunday	6. Sunday	13. Sunday	Sunday	Sunday
Monday	7. Monday	14. Monday	Monday	Monday
1. Tuesday	8. Tuesday	Tuesday	Tuesday	Tuesday
2. Wednesday	9. Wednesday	Wednesday	Wednesday	Wednesday
3. Thursday	10. Thursday	Thursday	Thursday	Thursday
4. Friday	11. Friday	Friday	Friday	Friday

In example 1, the athlete has symptoms for 3 days (orange) in Week 1, including the day of the incident. They become symptom-free on the Tuesday of Week 1. They complete their 14-day symptom-free period (yellow) by the Monday of Week 3. The athlete then completes 4 days of contact training (blue) without difficulty in week 3. The healthcare practitioner is satisfied. The athlete is cleared to return to full competitive contact (green) on the Saturday of Week 4.

Repeated Concussion Injury Guidelines:

1. If a student has a history of repeated concussions, they are at greater risk of experiencing prolonged symptoms. These students need to be managed more conservatively and may need to be referred to a Clinical Management Team who have added expertise in concussion. Multiple concussions can be a minimum of 2 concussions within a 3-month period, or a minimum of 3 concussions in a 12-month period.
2. There is no specific timeframe for return to sport following multiple concussions as this will be influenced by such factors as the severity of the more recent concussion, the number of concussions and the medical history of the student.
3. The management of any student who has suffered multiple concussions will be a collaborative approach with Parents, A specialized Medical Team, The concussion officer, and Head of Sport. This may result in a period away from contact/competitive sport.

Links:

- [Australian Concussion Guidelines for Youth and Community Sport](#)
- [Concussion Recognition Tool 6](#)
- [Concussion referral and clearance form](#)
- [Return to Learn Guidelines](#)
- [Graded Return to Sports Framework for Community and Youth Concussion and Brain Health Position Statement 2024](#)
- [Waterhall New Patient Form](#)