

PAPAMOA FOOTBALL CLUB - CONCUSSION POLICY

Policy

The club shall apply the 4-step process of Recognise/Remove/Refer/Return for the management of suspected concussions occurring at venues where club members are participating as part of their membership of the club.

Purpose

To ensure the health and wellbeing of our members are protected, where they have been affected by concussion.

Process

Apply the 4-step process for the management of concussion.

Ensure the club's Management Committee are informed.

The management committee should ensure the Health and Safety Officer (if any) is advised, and the appropriate recording of incidents take place.

Procedures

Apply the 4-step process for the management of concussion.

- **Recognise** - the signs and symptoms.
- **Remove** - the player/person from the field of play.
- **Refer** - to the appropriate medical professional for assessment.
- **Return to Play** – is the player deemed fit to return to play.

What is Concussion?

Concussion is a brain injury that is caused by the impact of force (a blow) to a part of the body, not necessarily the head directly.

Players/referees/etc do not need to lose consciousness (be knocked out) to sustain a concussion.

Concussion and personal welfare in general is everyone's responsibility. Players, parents, coaches and officials need to act in the best interest of personal safety and welfare by taking responsibility for the **recognition**, **removal** and **referral** of anyone with suspected concussion to a medical doctor.

Management of Concussion is a 4 step process.

- **Recognise** - the signs and symptoms.
- **Remove** - the player/person from the field of play.
- **Refer**- to the appropriate medical professional for assessment.
- **Return to Play** – is the player deemed fit to return to play.

Recognise

To ensure coaches are able to recognise the signs/symptoms of concussion, the club will:

- Provide each coach with a Fit4Football Concussion flip card at the start of each season.
- Provide at least one concussion workshop each season.

Coaches must:

- Familiarise themselves on how to identify the signs/symptoms of concussion.
- Attend the concussion workshop.
- Be aware of red flag indicators that require urgent medical attention via 111.

Remove

If **ANY** player (PFC or opposition player)/coach/referee/spectator is suspected of sustaining a concussive injury, they should be immediately removed from the field of play (if applicable) and referred to a medical doctor for assessment. Any player exhibiting signs of concussion must not be allowed to play for the rest of that day.

ALL SUSPECTED CONCUSSIONS MUST BE REPORTED TO THE CLUB'S MANAGEMENT COMMITTEE.

In the case of an adult, they should not be allowed to drive or consume alcohol, and should be with someone who can monitor them for symptoms.

In the case of a child, their parent or caregiver must be informed immediately and advised to take appropriate action.

Refer

Any player (PFC or opposition player)/coach/referee/spectator who is suspected of sustaining a concussion must be referred to the relevant medical professional - local GP or hospital A+E for assessment.


Return to Play

Any player who has sustained a concussion must be medically cleared prior to returning to play. This clearance must be sighted by the coach who must then take a photo of the certificate and email it to the club's Management Committee before allowing the player to take the field.

THE MEDICAL CERTIFICATE MUST CLEARLY STATE THAT THE PLAYER IS ABLE TO RETURN TO PLAY.

Papamoia Football Club's concussion policy aligns with New Zealand Football and WaiBOP Football Federation's concussion policies and should be read in conjunction with them.

Approval Date: 19/11/2023

Approval Signature: 

Approval Name and Position: Rob Schoonderwoerd, Secretary

Ref: PFC P04

Review Date: 01/06/2025

