



## Head injury, concussion and return to play policy

Ermysted's Grammar School

### Introduction

Ermysteds Grammar School seeks to provide a safe return to all activities for pupils after injury, particularly concussion. As such, Ermysteds Grammar School has established this policy to outline procedures for staff, parents and pupils to follow in the management of head injuries.

### Definitions

- **Head injury** is a trauma to the head that may or may not include injury to the brain.
- **Concussion** is the sudden but **short-lived loss of mental function** that occurs after a blow or other injury to the head (a blow to the head, face or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion). **Please note that there is no such thing as mild concussion.**

### Recognition of Concussion

Common signs and symptoms of head injury resulting in concussion:

Signs (observed by others)	Symptoms (reported by pupil)
<ul style="list-style-type: none"><li>• Pupil appears dazed or stunned</li><li>• Confusion</li><li>• Unsure about game, score, opponent</li><li>• Moves clumsily (altered coordination)</li><li>• Balance problems</li><li>• Personality change</li><li>• Responds slowly to questions</li><li>• Forgets events prior to injury</li><li>• Forgets events after the injury</li><li>• Loss of consciousness</li></ul>	<ul style="list-style-type: none"><li>• Headache</li><li>• Fatigue</li><li>• Nausea or vomiting</li><li>• Double vision, blurry vision</li><li>• Sensitive to light or noise</li><li>• Feels sluggish</li><li>• Feels 'foggy'</li><li>• Problems concentrating</li><li>• Problems remembering</li></ul>

### Management

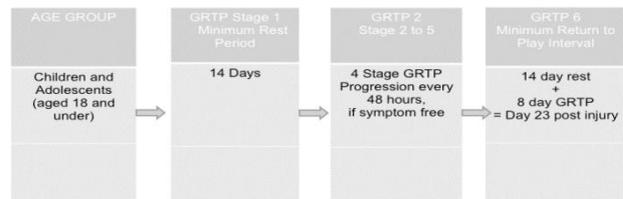
At the time of incident/injury the pupil is to be removed from the lesson/activity/game immediately. The school office should be contacted who will locate an appropriate first aider. If the injury is serious an ambulance should also be called immediately by the staff member with the pupil. Parents or carers will be contacted by school as soon as possible after the event.

**If there are signs or symptoms of concussion**, the pupil must be taken to the GP or A&E. Treatment involves physical and cognitive rest until symptoms resolve. The symptoms usually go away entirely within three weeks, but in some cases a longer time frame for recovery may be necessary.

## Returning to Sports

Ermysted's Grammar School's policy is in line with IRB guidelines which state that a pupil diagnosed with concussion should have 14 days off all physical activity once symptom free with a gradual return to sports (non-contact) over the next 8 days if remaining symptom free. This means that a pupil with a concussion will be off contact sports for a minimum of 23 days and longer if symptoms persist. Return to activity should be accompanied by a note from home.

MINIMUM RETURN TO PLAY INTERVALS WHEN FOLLOWING GRADED RETURN TO PLAY (G RTP) PROTOCOL



## Bibliography

- NHS Choices > Health A-Z > Concussion.
  - <http://www.nhs.uk/Conditions/Concussion/Pages/Introduction.aspx>
- MOSA Guideline > Head injury, Concussion and Return to Play.
  - <http://www.mosa.org.uk/pdfs/pdfs/HEAD%20INJURY.%20v.5.pdf>