

CONCUSSION

NZF CONCUSSION & HEAD INJURY POLICY



1. RECOGNISE

Recognise the signs of a suspected or potential concussion



2. REMOVE

Remove from play if a concussion is suspected and if in doubt ensure you sit them out anyway



3. REFER

Refer all suspected / potential concussion to a medical doctor for diagnosis and return to play guidelines



4. REST

All players must have; full, physical & cognitive rest to ensure best recovery can take place if a concussion is diagnosed. Rest until symptom free



5. RECOVER

Follow your medical doctor's advice and gradually return to activity



6. RETURN TO PLAY

Players should undertake a graduated return to training and play

CONCUSSION

MOODY, CONFUSION, KNOCKED OUT, UNCONSCIOUS, NO CONCENTRATION OR ATTENTION, SEEING STARS, FEELING FAINT, VOMITING, UNSTEADY, UNCO-ORDINATED, AMNESIA, FATIGUE, DIZZY, UNSTEADY, BLURRY VISION, TIREDNESS, HEADACHE, NAUSEA, SENSITIVE TO NOISE

For more information on concussion go to:
www.fit4football.co.nz,
www.accsportsmart.co.nz/concussion and
www.accsportsmart.co.nz/home/resources

