



Warwick Greenwood Junior Football Club Inc. (2000)

WARWICK GREENWOOD CONCUSSION POLICY

The 1st Aid Officer, Coach and Manager are all on the front line in identifying an athlete with a suspected concussion. You know your athletes well and can recognise when something is off, even when the player doesn't know it or doesn't want to admit it.

Most athletes with a concussion will recover quickly and fully. But for some athletes, signs and symptoms of concussion can last for days, weeks, or longer.

So why is it so important for you to remove an athlete from play?

If an athlete has a concussion, his or her brain needs time to heal. A repeat concussion that occurs before the brain recovers from the first—usually within a short time period (hours, days, weeks)—can slow recovery or increase the chances for long-term problems. In rare cases, repeat concussions can result in brain swelling or permanent brain damage. They can even be fatal.

Thus the clubs policy on Concussions is;

- **The player must provide a Medical Certificate before they are able to resume training/playing and this certificate must be sighted by the President or Vice President.**
- **If a player is concussed during the game the clubs policy is that child will miss one week even if cleared by a Doctor.**
- **If a player is concussed twice in a season that player will then miss 3 weeks even if cleared by a Doctor.**
- **If a player is concussed a third time in a season then the player will be required to miss the rest of the season.**

*Concussion policy updated 26/5/2014

Lincoln Rollo

Lincoln Rollo
WGJFC President