

# HORSHAM HOCKEY CLUB



## Concussion Policy

If a player suffers a knock to the HEAD – You must apply the following Clubs Concussion Policy immediately

| To assess the player - Ask these simple questions:   |                  | Did they answer OK?  |
|--|------------------|----------------------|
| 1. What is your name?  |                  | Yes or No            |
| 2. What day is it today?   |                  | Yes or No            |
| 3. Do you know what location we are at now?  |                  | Yes or No            |
| 4. What team are you playing with?   |                  | Yes or No            |
| 5. Which half are we in?   |                  | Yes or No            |
| 6. What is your home address?  |                  | Yes or No            |
| <b>Look For Signs of Concussion :</b><br><i>Recognise the signs and Remove from play</i><br><i>If in doubt, sit them out and get them checked by a medical professional!</i> |                  |                      |
| <b><u>Visual Clues – Symptoms for possible concussion (not limited to):</u></b>  |                  |                      |
| Headache / Nausea  | Visual Problems  | Unconsciousness      |
| Dizziness  | Unsteady on feet | Motionless on ground |
| Dazed, blank look  | Confused         | Convulsion           |

### Management of Concussion

1. Any player with **suspected** concussion must be **removed** from field of play for immediate assessment
2. You should put player welfare first and not allow them to return to the field of play, or play the same day elsewhere, and follow the basic assessment above
3. If they **cannot answer the questions** above or **display the symptoms** listed, then you should inform them that you suspect they might have concussion.
4. Players with suspected concussion should be checked by a medical professional and then follow recommended guidance. If necessary arrange for transport to a medical facility for assessment.

### Return to Play after having Concussion

1. Players must be symptom free after minimum rest period.
2. A review should be taken by a medical professional prior to returning.
3. Extra caution should be taken for juniors returning to play.
4. A guidance on player rest periods before returning to play can be found below
5. **GRTP – A graduated return to playing is recommended and more in depth information can be found on the EH Concussion Policy which can be found on the EH website or on Horsham Hockey Club Website in The document section [Club Documents | Horsham HockeyClubV2](#)**

| Age Group              | Minimum Rest period (Post Concussion) | Minimum Number of days to return to play |
|------------------------|---------------------------------------|--|
| Juniors up to 18 years | 14 Days                               | 23 days post injury                      |
| Adults over 18 years   | 24 hours Symptom free                 | 6 days post injury                       |

This document provides best practice for concussion management however, it is not the only way or perfect diagnostics. Concussion symptoms can present any time but typically 24-48 hrs after a head injury. If you are in any doubts, please contact a medical professional.