**De La Salle College, Macroom, Co. Cork**

**School Policy Document**

**Title: How to deal with a Concussed student**

**What is concussion?** A concussion is a brain injury that is associated with a temporary loss of brain function. The injury must be taken seriously to protect the long term welfare of all players. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth.

**SIGNS AND SYMPTOMS**

Most concussion injuries occur without a loss of consciousness and so it is important to recognise the other signs and symptoms of concussion. Some symptoms develop immediately while other symptoms may appear gradually over time.

** Loss of consciousness**

** Headache**

** Seizure or convulsion**

** Dizziness**

** Balance problems**

** Confusion**

** Nausea or vomiting**

** Feeling slowed down**

** Drowsiness**

** “Pressure in head”**

** More emotional**

** Blurred vision**

** Irritability**

** Sensitivity to light**

** Sadness**

 ** Amnesia**

** Fatigue or low energy**

** Feeling like “in a fog“**

** Nervous or anxious**

** Neck Pain**

** “Don’t feel right”**

** Sensitivity to noise**

 ** Difficulty remembering**

** Difficulty concentrating**

**How to deal with a concussion in De La Salle Macroom**

1. **School Match:**
* If the suspected incident happens during a team game, the teacher must immediately remove the player from the game.
* Under no circumstances is the player to be put back on.
* The player needs to be monitored by the teacher until the game is over and on the bus trip home.
* On the bus trip home, the teacher on charge of the team, needs to ring the school office and get either the school secretary or Deputy Principal to ring the player’s parent or guardian.
* On return to the school the sports teacher remains with the player until his parent/guardian arrives
* It should be strongly recommended to the parent/guardian that the injured player be taken to his local doctor.
* The sports teacher who was looking after the team when the student picked up his knock, needs to write up a report in the First Aid Book, which is located in the staff room in the medical press.
* On the player’s return to school and if that player has been diagnosed with a concussion the coach and PE teacher need to be aware of the injury. The player does not return to playing for the school until the following guidelines are followed:

 **GRADUAL RETURN TO PLAY PROTOCOL**

1. There should be an initial period of 24-48 hours rest after a concussion

 2. RTP protocols following concussion follow a stepwise approach. Players should continue to proceed to the next level if no symptoms persist at the current level.

3. Generally each step should take 24 hours so players would take approximately one week to proceed to full rehabilitation once they have no symptoms at rest.

4. If any post-concussion symptoms occur during the GRTP, players should drop back to the previous asymptomatic level and try to progress again after a further 24 hours period of rest has passed.

5. Clearance from a medical doctor is required prior to return to full contact sports.

**(2) On the school campus:**

* A student could potentially get concussed in an incident in the classroom or moving between classrooms. However the most likely time is during lunch break, where students play sport on the concrete basketball court or out in the school field.
* If a teacher on supervision observes a student taking a heavy fall in either the basketball court or field, they should immediately check on the well- being of the student.
* If the teacher on duty has any concerns, the student need to be brought to the office.
* A designated teacher with a First-Aid qualification (Jack Cott, Eric Graham, Eva Dunne, Conor Kinsella or Declan Murphy) should be contacted.
* The First Aid person will check on the student’s health.
* If the First Aider is concerned, they should then ring the student’s parent or guardian and get them to collect the student.
* While the student is waiting to be collected they are not to be left unattended.
* When the parent/guardian does arrive, it should be strongly recommended to the parent/guardian that the injured student be taken to his local doctor.
* The teacher who first came upon the student, needs to write up a report in the First Aid Book, which is located in the staff room in the medical press.

**NOTE: The signs and symptoms of concussion usually start at the time of the injury but the onset of these may be delayed for up to 24–48 hours. Therefore it is vital that any student who receives a knock to head that their parent or guardian must be informed, even if the student/player feels that they are ok.**

**Coping:**

The following are some tips for coping with a concussion:

Rest

The best medical management for concussion is rest (Cognitive and Physical). Students often feel tired and may experience difficulties at work or school when carrying at task which require concentration. Students may also encounter mood difficulties and feel depressed, anxious or irritable with family or team mates. Support should be provided to students during the recovery period.

Avoid Alcohol

Alcohol should be avoided as it may delay recovery and put you at increased risk for further injury.

Prescribed Medications

When dealing with persistent symptoms, it is essential that players only take medications prescribed by their doctor.

Patience

Recovery form concussion should not be rushed nor pressure applied to players to resume playing until recovery is complete. The risk of re injury is high and may lead to recurrent concussion injuries which can cause long term damage.

**Ratified**

5/6/18

**Next Review**

2020

**Signed**



Chairperson of the Board of Management