



Bishop Vesey's Grammar School

Concussion and Head Injury Policy

Ratified by the Governing Body on.....

To be reviewed (annually)

Introduction

Bishop Vesey's is committed to safeguarding the health and well-being of all its pupils.

1 Overall Aims

At Bishop Vesey we want to protect our children from the consequences of concussion. Concussion must be taken extremely seriously to safeguard the short and long term health of children (11-18). The majority (80-90%) of concussions resolve in a short (7-10 days) period. This may, however, take longer in children and adolescents and a more conservative approach should be taken with them.

2 Procedures Within School

- 2.1 In the case of any head injury, no matter how minor or if the pupil reports feeling well, no pupil can continue playing in a game, match or P.E session. The school will follow the RFU motto: if in doubt, sit it out.
- 2.2 All head injuries that occur during working hours, will be reported to main school office by a member of staff. Main School Office will then inform parents.
- 2.3 In the case of suspected concussion, the pupil must be moved to safety and a member of staff will call 999 immediately. Main School Office will then be contacted and they will inform parents.
- 2.4 An appropriate member of staff will escort the pupil to hospital in the ambulance if the parent does not arrive at school before the ambulance takes the pupil to hospital. (For symptoms of concussion see Appendix A)

3 Weekend Matches

- 3.1 All head injuries will be noted down by the member of staff in charge of that team and parents will be informed by that member of staff.
- 3.2 In the case of suspected concussion, the pupil will be moved to safety and 999 must be called immediately by a member of staff.
- 3.3 Parents/Guardian must be informed and they are expected to attend the hospital- even in the case of an away match.
- 3.4 An appropriate member of staff will escort the pupil to hospital in the ambulance if the parent does not arrive at school before the ambulance takes the pupil to hospital.
- 3.5 If staff have to pay for their own way home from an away match because they have escorted a child to hospital, they will be reimbursed when they submit a claim form with copies of their expenditure.

4 Procedure for after concussion has been diagnosed.

- 4.1 If a player engages in physical activity such as sport or games too early, before they have fully recovered this may result in:
 - Prolonged concussion symptoms
 - Possible long term health consequences e.g. psychological and/or brain degenerative disorders
 - Further concussive event being FATAL, due to severe brain swelling – known as second impact syndrome.

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Therefore, a child who has suffered concussion will not be able to engage in physical activity, including sports matches and PE, for 14 days at the school.

No child who has suffered from concussion will play a sport's match for the school for at least 23 days after the injury was sustained.

4.2 Gradual Return to Play

After suffering from concussion, the child will be subject to the following plan. This will be followed by the PE department and other appropriate staff regarding PE/Games lessons and matches. The child must go through each recovery stage successfully before being allowed to progress to the next stage.

Stage	Rehabilitation Stage	Exercise Allowed	Objective
1	Rest for 14 days	None	Recovery
2	Light aerobic exercise No resistance training	Walking, stationary cycling	Increase heart rate and assess recovery
3	Sport-specific exercise No head impact activities	For example running	Add movement and assess recovery
4	Non- contact training Some resistance training	More complex drills e.g passing	Add exercise and coordination; assess recovery
5	Full contact training	Normal training activities	Restore confidence and assess functional skills
6	Return to play- no sooner than 23 days after concussion was sustained	Rehabilitated	Safe return to play

It is the parent's responsibility to obtain medical clearance before a child can return to play.

The school will keep a copy of the medical clearance provided by the parent.

Appendix A:

Symptoms of Concussion:

Any one or more of the following can indicate a possible concussion.

- 1) Loss of consciousness or responsiveness
- 2) Lying motionless on the ground or slow to get up
- 3) Unsteady on feet and/or balance problems or lack of co-ordination
- 4) Grabbing or clutching of the head
- 5) Dazed, blank or vacant look
- 6) Confused or not aware of events around them.
- 7) Seizure or convulsion
- 8) Feeling nauseous or vomiting
- 9) Drowsiness
- 10) Difficulty remembering
- 11) Nervous, anxious and/or irritable
- 12) Sensitivity to light and/or noise.
- 13) Blurred vision
- 14) Tingling in the arms or legs.

An ambulance must be called in the event of concussion.