



Concussion Recognition & Management Guidelines for Parents/Guardians

Concussion is a mild brain injury, caused by trauma that results in temporary dysfunction of the brain. When it occurs, a child may experience symptoms and temporary loss of brain skills such as memory and thinking abilities. It is important for parents of young athletes to be aware of possible signs of concussion which are often subtle.

The trauma causing concussion can sometimes be obvious, but at other times may be very subtle and hardly noticed. Ask your child or an adult who were present whether they were unconscious, dazed or confused at the time of the incident if they have some symptoms or signs. If a child with concussion returns to sport whilst still symptomatic, there is an increased risk of further injury to the child. **Therefore, no player who has concussion, or is suspected of having concussion, should return to their sporting activity (training or playing) until cleared by a doctor.**

Some of the possible symptoms of concussion:

- Headache
- Dizziness
- Fatigue
- Memory disturbance
- Nausea, vomiting and abdominal pain
- Altered or lost vision
- Ringing in the ears

Some of the signs you may observe:

- Loss of balance
- Pale complexion
- Slow or altered verbal skills
- Mental confusion and memory loss
- Irritability
- Poor concentration-
- Inappropriate behaviour

- If you observe any of these symptoms or signs in your child, see a doctor as soon as possible.
- If you observe deterioration in these symptoms or signs **go immediately to an accident and emergency department at your nearest hospital.**

Progression and Management

Concussion will resolve with time. This may vary from an hour or so to several days. Occasionally the brain will recover even more slowly.

The best treatment is rest from physical activity and school. The child should be seen by a doctor who will monitor the symptoms, signs and brain functioning. The doctor will determine when the child may return to school. The child must not return to sport until successful return to school and learning.

The doctor must clear your child to return to sporting activity and this will usually involve a stepped approach with a gradual increase in activities over a few days.

Your child can receive a medical assessment at:

Alphington Sports Medical Clinic

Concussion Clinic

Call 9481 5744 to enquire about this service or to make an appointment.

[Concussion | Alphington Sports Medicine Clinic](#)

If at any stage your child's symptoms or signs are getting worse **seek urgent medical attention.**

Key Messages:

1. Concussion is a temporary dysfunction of the brain following trauma
2. Suspect concussion if your child is irritable, complains of a headache, is sick, excessively fatigued or just not themselves
3. Seek medical attention – urgently if the symptoms or signs are getting worse
4. Rest is the best treatment followed by a return to school, before a gradual return to physical activity
5. **FORMAL MEDICAL CLEARANCE IS REQUIRED BEFORE RETURNING TO TRAINING AND PLAY**

The AFL have advised how to manage concussion in community football. Read now:

<https://www.afl.com.au/clubhelp/policies/health-and-safety/concussion-management>