



CONCUSSION POLICY

This policy must be followed by all coaches and club personnel following any incidents resulting in a head knock or potential concussion. An incident form must also be completed for all situations involving a potential concussion, and submitted to dani@esaafc.org.nz no later than 48 hours following the incident.

Eastern Suburbs AFC Concussion Policy strictly prohibits any player suffering suspected/potential concussion from training or being selected to play until proof of medical clearance has been provided by a doctor.

IN GAME OR TRAINING

1. At the time of the incident, follow the “3 R’s” – Recognise, Remove, and Refer
 - a. As our ability to undertake sideline tests or recognise concussion is limited, always err on the side of caution
 - b. Encourage players to recognise if a team-mate is “off” and ensure they are being a positive influence in helping them to make the decision to sub or sit out
2. Inform parents of your suspicion of a concussion, and ensure that appropriate post-incident follow up is done
3. Insist that the player seeks medical advice, and request a doctor’s note before they will be allowed to return to full training or team selection
4. Ensure that the parents are aware a doctor’s opinion must be sought – physio is not able to diagnose
5. Fill out and submit an ESAFC Incident Form as soon as possible, and no later than 48 hours, following the incident

HEAD KNOCKS RECEIVED AWAY FROM THE CLUB

1. If a player receives a head knock or potential concussion whilst taking part in another activity the same process applies
 - a. There must be a doctor’s note presented before the player can return to full training or be selected to play
2. Parents and players are encouraged to let you or the club know; if you are made aware of a concussion that did not happen under your care, please let us know immediately

For more information on concussion, including the “3 R’s” process, please check out the following website - <https://www.accsportsmart.co.nz/concussion-2/>

If you are unsure whether a player received a concussion or not, REPORT IT ANYWAY

Eastern Suburbs AFC

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