



KIDS + SPORT CONCUSSION

3 STEP A.B.C. GUIDE



AWARENESS

CONCUSSION ISN'T ALWAYS THE RESULT OF A HEAD KNOCK. ANY RAPID MOVEMENT OR FORCE TO THE BRAIN CAN TRIGGER CONCUSSION.

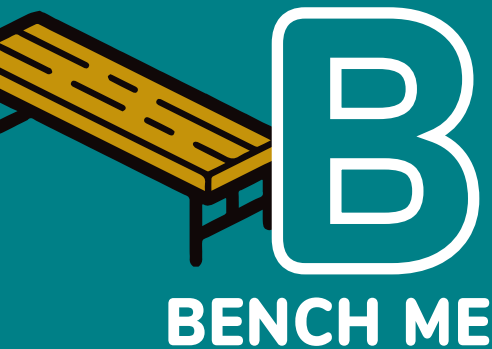
IS THE CHILD FEELING:

- DIZZY
- FOGGY
- HEADACHE

CONCUSSION CAN ALSO COME INTO PLAY VIA VAGUE SYMPTOMS:

- NAUSEA
- FATIGUE

HAVE A FIRST AID OFFICER ASSESS ANY CHILD WITH THESE SYMPTOMS.



BENCH ME

A CHILD WHO IS SUSPECTED OF OR ASSESSED AS HAVING A CONCUSSION (EVEN IF MILD):

MUST BE REMOVED FROM PLAY IMMEDIATELY

- THE FIRST AID OFFICER'S DECISION IS FINAL AND CANNOT BE OVERRULED.

MP SPORTS PHYSICIANS RECOMMEND CLUBS MAINTAIN A REPORTING AND MONITORING CONCUSSION POLICY AND THAT ALL MEMBERS AND VOLUNTEERS ARE AWARE OF THE CONCUSSION PROTOCOLS EACH YEAR.



CHECKED OUT

IF A MEDIC IS NOT AVAILABLE, THEN GO TO THE AFL'S HEADCHECK APP;
<https://itunes.apple.com/au/app/headcheck/id887756402?mt=8>

FOR A SERIOUS CONCUSSION CALL AN AMBULANCE OR ATTEND THE CLOSEST MEDICAL CENTRE.

A CHILD SHOULD ONLY RETURN TO SPORT AFTER BEING SYMPTOM FREE FOR 14 DAYS AFTER THEIR INJURY AND OBTAIN A MEDICAL CLEARANCE.

A SPORTS PHYSICIAN CAN PROVIDE A GRADED RETURN TO SPORT WITH FREQUENT REASSESSMENT AND ADJUSTMENTS AS REQUIRED.

FOR MORE INFORMATION REGARDING CHILD CONCUSSION CONTACT MP SPORTS PHYSICIANS



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