

Tarneit North Football Club Concussion Policy



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TARNEIT NORTH FOOTBALL CLUB

Concussion Policy

1. Purpose

Tarneit North Football Club is committed to protecting the health, safety, and wellbeing of all players.

This policy outlines the club's approach to the recognition, management, and reporting of suspected concussions and head injuries.

2. Scope

This policy applies to:

- Players
- Coaches
- Team managers
- Parents and guardians
- Volunteers
- Officials
- Club representatives

3. Understanding Concussion

A concussion is a type of brain injury that may occur following a blow or impact to the head, face, neck, or body.

Concussion can occur during matches, training sessions, or other club activities.

4. Common Signs and Symptoms

Possible signs and symptoms of concussion may include:

- Headache
- Dizziness
- Confusion
- Nausea or vomiting
- Blurred vision
- Sensitivity to light or noise
- Balance problems
- Memory difficulties
- Loss of consciousness
- Behavioural or emotional changes

5. Immediate Response

Any player suspected of having a concussion must:

- Be removed from play immediately
- Not return to play on the same day
- Be monitored appropriately
- Seek medical assessment and advice

When in doubt, the player should sit out.

6. Return to Play

A player who has suffered a suspected or confirmed concussion should only return to football activities after appropriate medical clearance.

The club supports a gradual and safe return-to-play process.

7. Responsibilities

Coaches, team managers, and officials are expected to:

- Take all head injuries seriously
- Prioritise player safety and wellbeing
- Encourage medical assessment where required
- Follow relevant governing body guidelines
- Support safe return-to-play practices

Parents and players are encouraged to report symptoms honestly and responsibly.

8. Emergency Situations

Emergency medical assistance should be sought immediately where a player experiences:

- Loss of consciousness
- Seizures
- Significant confusion
- Difficulty speaking or walking
- Persistent vomiting
- Severe or worsening symptoms

9. Education and Awareness

The club supports concussion awareness and encourages members to understand the importance of early recognition and proper management of head injuries.

10. Breaches of Policy

Failure to follow this policy may result in disciplinary action or restrictions on participation where necessary to protect player safety.

11. Policy Review

This policy may be reviewed and updated periodically to reflect changes in medical advice, governing body guidelines, or club operations.