



BRACKLEY TOWN FC Concussion Policy Under 18s

Any player under 18 suspected of having a concussion will be removed from training or play immediately. Symptoms of concussion can arise over the first 24-48 hours post injury. A player can have a varying number of symptoms and these can range from mild to severe. Common symptoms include:

- Confusion
- Headaches
- Dizziness, feeling stunned or dazed
- Nausea
- Loss of balance

The player should not be left alone for more than 30 minutes over the first 12 hours post-injury and must go to hospital immediately if they:

- Have a headache that gets worse
- Become drowsy or cannot be awakened
- Can't recognise people or places
- Have repeated vomiting
- Behave unusually or seem confused or very irritable
- Have seizures (arms and legs jerk uncontrollably)
- Have weak or numb arms or legs
- Are unsteady on their feet or have slurred speech
- If the player is symptomatic for more than 10 days

It is important for the player to rest physically and mentally until symptoms resolve, with no sleeping tablets or painkillers being given. Any player diagnosed with concussion should not return to training or play on the same day of injury. When returning players to activity, They will need to be supervised on a progressive program:

- Stage 1 No activity for (14 days from midnight on the day of the injury)
- Stage 2 Light aerobic activity
- Stage 3 Sports - specific exercise
- Stage 4 Non-contact training drills
- Stage 5 Full contact practice
- Stage 6 Return to play

There should be at least 48 hours between stages two and six with a minimum of 23 days from the day of concussion to the next competitive match played. Between stages 4 and 5 the player must visit their GP and get the all clear to proceed to stage 5 NO player will move to stage 5 without the all clear from a GP. If symptoms reoccur within this time, the player will be rested until they resolve and will return to the program from the previous page.

If there is any doubt please contact the following:

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