



CHRIST'S COLLEGE
CANTERBURY

Concussion Policy

Responsibility for Policy:	Deputy Principal - Student Care
Approving Authority:	Executive Principal
Applies to:	All Students and Staff
Last Review Date:	August 2024
Next Review Date:	August 2025

RATIONALE:

A clear protocol is established and followed for the proper and safe care of boys with confirmed or suspected concussions.

PURPOSE:

1. To ensure College is informed of all head injuries that are sustained by boys during internal and external events/sporting fixtures.
2. Staff, students and parents all understand the procedures in place when a concussion is suspected.
3. To ensure Christs College is consistently and safely managing each boy with concussion.
4. To reduce the overall and future negative effects of concussion.

SCOPE:

This policy covers all students at Christ's College. The policy is applicable for all incidents that occur either on or off site.

PROCEDURES AND GUIDELINES:

The policy exists in the interests of the safety of students and it aims to ensure that College is informed of all head knocks and injuries that may result in a concussion.

General procedures for a suspected concussion

If a boy sustains a head knock, he must be immediately taken away from play/activity and assessed for concussion. If the incident occurs at school Monday to Friday 8am-4pm, he is to be assessed in the Health Centre by the College Nurse on duty. If the incident occurs outside of these hours, he is to be assessed on the sideline by the team manager or coach, using the SCAT5 tool. NB concussion can result from a hit to the head, face, neck or elsewhere on the body where the force is transmitted to the head.

If a concussion is suspected, and any red flags (see SCAT5) are raised, the boy is to be assessed at a medical facility urgently. Parents/guardians must be informed immediately.

If no red flags are raised, but concussion is still suspected either at the time, or in the days following, the boy must have an assessment with a qualified medical professional for confirmation or exclusion of a concussion.

Team managers are to follow the current school pathway, which is to use Clipboard to log an incident, where relevant members of the school are automatically informed. Housemasters, Matrons, Health Centre, and then phone parents (details available through clipboard)

There is to be a follow up phone call from the Health Centre to the parent/guardian during the following week, ensuring that parents have adequate information about how to treat a concussion.

Complex concussions

Occasionally a boy will be referred to specialist services following a severe concussion. This requires a careful return to school approach, usually involving a Concussion Occupational Therapist and/or Physiotherapist .

Before a day boy or boarder with complex concussion can return to school, a meeting will be held in the Health Centre. This must include any external agencies involved in his care, a parent and the College Nurse. This is to ensure that any recommendations are implemented and his symptoms managed appropriately.

The College Nurses are the contact point for both external providers and other staff members. College Nurses are responsible for the dissemination of the relevant information pertaining to the boy's individualised plan.

Return to school

Any acute complication is likely to develop in the first 48 hrs following a concussion, therefore boys with a diagnosed concussion are automatically stood down from school for two days before they can return to school. For example following an incident during a Saturday sports game, the boy can return on the following Tuesday. Boarders must go out into the care of a parent or guardian. This is to ensure that adequate supervision is maintained.

Boys must attend the Health Centre on the first day they return to school.

The Health Centre can be used for any time out during the school day for boys recovering from concussion.

Return to sport

College follows the ACC/NZRU/ Return to Sport protocols.

When a player suffers a concussion they must have a **minimum** period of 21 days away from full competition.

A player can return to contact training when they have fully returned to school without limitations, and are symptom-free.

Boys must have a medical clearance before they return to play. Evidence of this clearance must be emailed to the team manager and the Health Centre

More detailed operational guidance for staff [can be found here](#) in College's concussion protocols

Further guidance from ACC [can be found here](#)
