

SDCC – PLAYER CONCUSSION PROTOCOL

(to be read together with the SDCC Concussion & Injury Policy)

If a player receives ANY blow to the head or upper neck (whether wearing protective equipment or not) OR collides with another person or fixture (e.g. boundary fence), the below MUST be followed.

Red Flag Symptoms

If ANY of the following symptoms are evident, the player MUST be removed from play (matches or training) AND an ambulance should be called immediately:

- neck pain or tenderness
- seizure, 'fits' or convulsion
- loss of vision or double vision
- loss of consciousness or increased drowsiness
- weakness, numbness or tingling in the arms or legs
- repeated vomiting
- severe or increasing headache
- increasingly confused, restless, agitated or combative
- visible deformity of the skull

General Concussion Symptoms

If ANY of these symptoms are present, assume concussion HAS been sustained and the player MUST be removed from play (match or training) and not return to cricket on that day:

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| • nausea | • lying motionless on ground |
| • difficulty concentrating | • dazed, blank / vacant stare |
| • headache | • confusion / disorientation |
| • fatigue | • behaviour / emotional change, not 'themselves' |
| • feeling slow or 'not right' | • memory impairment |
| • sensitivity to light / noise | • balance problems, 'rubbery legs' |
| • no protective action taken if fell to ground | |

Q&A

If no concussion symptoms are evident, the following questions MUST be asked:

- What happened?
- What day is it?
- What month is it?
- What venue are we at today?
- What is the current innings score (if in a match)?
- What was the opposition at the last match you played?
- Who bowled the ball to you?

Pass these questions and the player can return to play.

Fail these questions and assume concussion has been sustained and the player MUST be removed from play (match or training) and at minimum not return to cricket on that day.

If Concussion Sustained

- If any red flag Symptoms are evident, any general concussion symptoms are evident, or the subject Club member fails to answer the Q&A questions then concussion is to be assumed.
- The Secretary and Club Concussion & Injury Officer (if appointed) should be advised ASAP.
- In addition to removing the subject Club member from play (match or training) and then not returning to cricket on that day, they cannot return to play until cleared by CNSW (see clause 9(d) of our SDCC Concussion & Injury Policy).