

Important for all AKH Club and Representative Coaches, Managers, Umpires and Players.



HEAD INJURY AND SIGNS OF CONCUSSION

In all competitions managed by Auckland Hockey if a player receives a head injury with suspected concussion, Auckland Hockey **must** be notified and the player may only commence playing again when a medical certificate clearing the player to return to hockey has been supplied to Auckland Hockey.

The below steps should be taken to identify whether a player has suffered a concussion.

Concussion should be suspected **if one or more** of the following visible clues, signs, symptoms or errors in memory questions are present.

Visible Clues	Signs and Symptoms	Memory Function
<ul style="list-style-type: none">• Loss of consciousness or responsiveness• Lying motionless on ground/slow to get up• Unsteady on feet/balance problems or falling over/incoordination• Grabbing/clutching of head• Dazed, blank or vacant look• Confused/not aware of plays or events	<ul style="list-style-type: none">• Balance problems• Drowsiness• More emotional• Irritability• Nervous or anxious• "Don't feel right"• Headache• Dizziness• Confusion• Feeling slowed down• "Pressure in head"• Blurred Vision• Sensitivity to light/noise• Amnesia• Feeling like "in a fog"• Neck Pain• Difficulty concentrating	<ul style="list-style-type: none">• "What venue are we at today?"• "Which half is it now?"• "Who scored last in this game?"• "What team did you play last week?"• "Did your team win the last game?"

Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM THE GAME, and should not return to any physical activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.

RED FLAGS

If ANY of the following are reported then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- Athlete complains of neck pain
- Increasing confusion or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling/burning in arms or legs
- Deteriorating conscious state
- Severe or increasing headache
- Unusual behaviour change
- Double vision

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed
- Do not attempt to move the player (other than required for airway support) unless trained to do so
- Do not remove helmet/facemask (if present) unless trained to do so.