1. This Protocol aims to address both cognitive and physical rehabilitation and is a shared responsibility of parents, player, coaches, medical practitioners and the College.
2. Any student diagnosed with concussion is required to have progressed through the Oxley College Return to School Protocol listed below.
3. A medical clearance is required prior to returning to Sport activities

Concussion should be suspected when there is:

a direct blow to the head, face or neck
an impact somewhere else on the body that causes the head and brain to move rapidly back and forth.

Symptoms may not be initially apparent and may evolve over the hours or days following the injury.

CONCUSSION AT OXLEY COLLEGE ACTIVITY

1. Immediate removal from activity if concussion is suspected.
   Issue relevant documentation (ARU

The following signs may indicate a more serious injury has occurred.

- Neck pain
- Confusion or irritability
- Vomiting
- Seizure or convulsion
- Deteriorating consciousness
- Headaches
- Unusual changes in Behaviour
- Visual or hearing disturbance

The current principles of concussion management involve rest during the acute period post injury (48hrs for adolescents), followed by a gradual increase in cognitive activity then a graduated return to physical activity. Oxley College utilises the standard Return to Play strategies found in the ISA /ƨyŎdžăăƛƨy˝ tNJƨűƨŎƨfΣ wdzƎōè ¦yƛƨy˝ !dzăúNJl·fΛl· /ƨyŎdžăăƛƨy˝ tNJƨŎŜŘdzNJŜ l·yŘ úKŜ !dzăúNJl·fΛl·y˝DƨØŜNJyϒŜyűΩă Concussion in Sport Australia Position Statement. The graduated return to all school activities takes a minimum of 19 days after all symptoms and signs have disappeared. Progression is dependent on remaining symptom-free throughout. If symptoms reoccur at any stage, the student drops back to the previous stage for a period of 24 hours and must be symptom-free at that stage prior to attempting the next stage again. If symptoms are persistent at any stage medical review is essential.

	Deliberate physical and cognitive rest for a minimum of 48hrs until post-concussion symptoms have disappeared and the student has stopped all medication required for treatment (e.g pain killers).	Min of 48 hrs rest. Last 24 hrs must be symptom free to progress to stage 2	Student and Parent/carer
	Typical at home activities, as long as they Řƨyΰ increase symptoms. 5-15		