



Concussion Management Policy

Concussion is a brain injury and is defined as a complex physiological process affecting the brain, induced by biomechanical forces. Concussion may be caused by either a direct or indirect blow to the head, face, neck or body causing an impulsive force transmitted to the head.

It is important that all Club instructors, Referees, Tournament Officials and First Aid Officers are aware of how to recognise and safely manage concussion.

To help identify concussion in children, youth and adults the Australian Judo Union Inc. have collected the following information and adopted the following procedures .

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

1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

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

2. Signs and symptoms of suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:

- Loss of consciousness • Headache • Seizure or convulsion
- Dizziness • Balance problems • Confusion
- Nausea or vomiting • Feeling slowed down • Drowsiness
- “Pressure in head” • More emotional • Blurred vision
- Irritability • Sensitivity to light • Sadness
- Amnesia • Fatigue or low energy • Feeling like “in a fog”
- Nervous or anxious • Neck Pain • “Don’t feel right”
- Sensitivity to noise • Difficulty remembering • Difficulty concentrating

3. Memory function

Failure to answer any of these questions correctly may suggest a concussion.

“What venue are we at today?”

“What day is it today?”

“Who were you last practising with?”

“What is the name of your instructor?”

“When was the last time you came to training?”

Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, and should not be permitted to return to judo until they have been medically assessed and given medical clearance to return to judo.

Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

RED FLAGS

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

Athlete complains of neck pain Deteriorating conscious state

Increasing confusion or irritability Severe or increasing headache

Repeated vomiting Unusual behaviour change

Seizure or convulsion Double vision

Weakness or tingling / burning in arms or legs

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.

Judo specific concussion stepwise return to play recommendations

The following recommendations for the management of concussion is a minimum standard and should not preclude specialist recommendations.

First concussive episode:

- Rest from exercise/ exertion until symptoms have completely resolved for 1 week
 - Aerobic exercise 1week (no randori, no strength training, avoid being thrown)
 - Light randori 2weeks
 - Randori and Competition after medical clearance
- *If at any stage there is a return of symptoms then return to previous rehab stage*
 - *If unable to progress past first stage then seek medical advice*
 - *If medical symptoms persist, despite rest, then seek medical advice*

Club instructor should record the concussion and each stage of rehabilitation into the Member's notes on the AJU website.

Second episode of concussion within 12 months:

- Obtain medical review prior to commencement of the graduated exercise program
- Progress rehab as above but with 4week interval of progression

Club instructor should record the second concussion and each stage of rehabilitation into the Member's notes on the AJU website

Third and subsequent episode of concussion within 12 months:

- Seek specialist advice
- Return to judo only after medical clearance
- No competition for 12 months
- If symptoms recur then seek medical advice and ensure follow up is arranged

Club instructor should record the second concussion and each stage of rehabilitation into the Member's notes on the AJU website