



## Concussion Policy & Procedures

of

### WA Council of the Australian Power Boat Association (WA APBA)

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## INTRODUCTION

In any sport safety comes first and due to the nature of the sport, concussion is a well-recognised injury that may affect our affiliated club members / drivers who are involved in collision. This policy provides awareness of this condition and guidelines in case of a collision does occur.

## PURPOSE

The purpose of this policy is to identify and promote what concussion is and how it can be managed with in the WA APBA and affiliated clubs.

### ***Concussion Facts:***

- Concussion is a form of brain injury.
- All concussion should be considered serious.
- Concussion results in a brain function disturbance.
- Children and adolescents should be treated differently to adults, as they:
  - Are more prone to concussion;
  - Take longer time to recover;
  - Have more significant memory and mental processing problems;
  - Are a greater risk of rare and dangerous neurological complications caused by a single or second impact.
- Concussion usually follows a head collision.
- Concussion can also occur with a collision not involving the head.
- Symptoms usually develop quickly, often within 1 to 2 hours. Sometimes there is a delay of 24 to 48 hours after a collision.
- Concussion that is ignored or not treated can result in fatal situation.

## POLICY & PROCEDURES

The guiding principles in summary of this Policy are:

- If a driver is “knocked out”, they will be concussed.
- Drivers with suspected or recognised concussion must immediately be removed from the boat craft and or water.
- If a driver is suspected of concussion, they cannot return to racing and or test and tune on the same day.
- Seek medical assistance immediately after the driver has been removed from the boat craft and or water.
- Only a medical doctor can certify if a driver is fit to return and not concussed.

## Management Plan

The management of concussion consists of the following sequential steps:

### Recognise the Injury

1. Concussion needs to be recognise or suspected if a driver has any of the following signs and symptoms:

Signs	Symptoms
<ul style="list-style-type: none"> <li>• Loss of consciousness or responsiveness</li> <li>• Dazed, blank or vacant look</li> <li>• Unsteady balance</li> <li>• Confused or disoriented</li> <li>• Grabbing / clutching of head</li> <li>• Emotionally irritable</li> <li>• Slow to answer</li> </ul>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• Dizziness</li> <li>• Blurred vision</li> <li>• Nausea or vomiting</li> <li>• Fatigue or drowsiness</li> <li>• Confusion</li> <li>• Drowsiness</li> <li>• Difficulty concentrating</li> <li>• Sensitivity to light or noise</li> <li>• Loss of memory</li> </ul>

2. Head Injuries need to be recognise or suspected if a driver has any of the following warning signs:

Warning Signs
<ul style="list-style-type: none"> <li>• Severe neck pain</li> <li>• Deteriorating consciousness</li> <li>• Increasing confusion or irritability</li> <li>• Worsening headache</li> <li>• Vomiting more than once</li> <li>• Unusual or uncharacteristic behaviour</li> <li>• Seizure (fitting)</li> <li>• Double vision</li> <li>• Weakness or tingling or burning in arms or legs</li> </ul>

### Remove

3. Any driver with recognise or suspected concussion / head injury **MUST** be removed from the water **IMMEDIATELY**.
4. The driver **MUST NOT** take any further part in any racing or test and tune on the same day.

### Refer

5. Any driver with recognised or suspected concussion must be referred to the stand by Ambulance officers, medical doctor or emergency department as soon as possible.
6. Any driver with recognised or suspected head injury **MUST** be taken to the Emergency Department **IMMEDIATELY** via the stand by Ambulance or dial 000.

7. Any driver with recognised or suspected concussion needs to be referred to medical assistance even if symptoms or signs are less severe or disappeared.

#### **Recovery**

8. The driver **MUST** rest completely (24 hours) until all symptoms and signs of concussion have disappeared.
9. In the resting period, limit physical exercise including activities and limit any tasks that involves using brain function.
10. If symptoms re-occur during recovery, the driver should be reviewed by their medical doctor.
11. Only a medical doctor can certify if a driver is fit to return to the sport and not concussed.

### **POLICY AND LEGISLATION**

- Australian Sports Commission

### **PEAK BODY**

- Concussion in Sport Education Project – Western Australia
- Concussion in Sport

### **RESPONSIBILITIES**

It is the responsibility of the President and the Safety Officer to ensure that:

- Committee members, affiliated club members, volunteers and contractors are aware of this policy;
- any breaches of this policy will be brought to the attention of the committee and are dealt with appropriately.

Whilst the WA APBA will undertake to educate affiliated clubs / members, officials and volunteers about the concussion policy through promotion in club newsletters, website / social media sites and within the WA APBA walls, it is the responsibility of each individual to access this information and that they comply with this policy.

### **RELATED DOCUMENTS**

- Member Protection Policy – Australian Power Boat Association (February 2014)
- APBA Rules 2015

### **MONITORING AND EVALUATION**

This policy will formally be reviewed, evaluated and re-endorsed or modified by the Committee Members annually. Ongoing monitoring and evaluation will take place with any reported complaints or reported incidents in relation to this policy are to be reported to the next Committee meeting. Any recommendations for changes can be submitted and tabled for discussion by the Committee. All changes will be communicated to all affiliated clubs (or players, coaches, volunteers etc.) and posted on the organisations website, newsletter and social media.