



FENCING
VICTORIA

CONCUSSION POLICY 2025

PURPOSE

Fencing Victoria aims to pursue best practice in prevention and management of concussion and head trauma arising in the course of participating in FV sanctioned competitions and training sessions.

FV acknowledges that many instances of concussion will take place in places where a medical practitioner is not immediately available to make an assessment of an athlete who sustains a head injury. These guidelines have been developed to outline the issues for athletes, coaches, team managers and others responding to athletes who have received a head injury.

These Guidelines are of a general nature only. Individual treatment will depend on the facts and circumstances specific to each individual case. These Guidelines are not intended as a standard of care and should not be interpreted as such. The purpose of these guidelines is to protect the welfare of athletes and they are not intended to replace professional medical assessment and treatment.

**Go to hospital immediately if concussion or serious injury is suspected.
Always seek professional medical advice.**

SCOPE

This Policy applies to:

- All people who are required to be registered under the FV or have membership of an associated club (this includes officials (whether paid or volunteers), coaches, referees, competitive and non-competitive members);
- People who receive a blow to the head or neck (either bare or while wearing protective equipment), whether by weapon, bodily contact or otherwise.
- People who sustain a serious injury, whether by weapon, bodily contact or otherwise.

WHAT IS CONCUSSION?

Concussion is a brain injury resulting in a disturbance of brain function. It affects the way a person thinks, feels and remembers things. **Concussion can affect an individual in a variety of ways, including:**

- **Physical:** Headaches, dizziness, vision changes
- **Cognitive:** Feeling 'foggy', slowed down
- **Emotional:** Short tempered, sad, or a general change of personality
- **Sleep:** Not being able to sleep or sleep more than normal
- **Fatigue:** Low energy

WHAT CAUSES CONCUSSION?

Concussion occurs through a collision with another person or object where biomechanical forces to the head, or anywhere on the body transmit an impulsive force to the head/brain. In most cases, this results in transient neurological impairment. It should be noted that concussion can also occur with relatively minor 'knocks'.

HOW TO RECOGNISE CONCUSSION

The Concussion Recognition Tool 6 (CRT6) may be used as an aid to the on field recognition of concussion.

If any of the following visible signs or symptoms are present following an injury, the individual should be assumed to have concussion and must be immediately removed from play or training and must not return to activity that day.

**Go to hospital immediately if concussion or serious injury is suspected.
Always seek professional medical advice.**

The CRT6 is a simplified summary of the key signs and symptoms and 'red flags' that should raise a concern about a possible concussion.

20 symptoms listed in the CRT6 are:

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| • Headache | • Dizziness | • "Don't feel right" | • Neck pain |
| • "Pressure in head" | • Blurred vision | • More emotional | • Difficulty concentrating |
| • Balance problems | • Sensitivity to light | • More irritable | • Difficulty remembering |
| • Nausea or vomiting | • Sensitivity to noise | • Sadness | • Feeling slowed down |
| • Drowsiness | • Fatigue or low energy | • Nervous or anxious | • Feeling like "in a fog" |