

LEARN HOW TO MANAGE CONCUSSION IN COMMUNITY FOOTBALL

INITIAL MANAGEMENT:

- Recognise the signs and symptoms of a suspected concussion
- Remove any player with a suspected concussion
- Refer the player to a medical doctor for assessment
- Where there is no medical doctor present to assess the player, or the diagnosis of concussion cannot be ruled out at the time of injury, the player must not be allowed to return to play in the same match / training session

FOLLOWING A CONCUSSION:

- A brief period of complete rest (24-48 hours)
- Return to symptom limited activity (e.g. reading, watching TV, walking) while recovering from concussion
- After recovering from all concussion-related symptoms, return to a graded loading program (with monitoring)
- Get medical clearance before returning to full contact training or competitive contact sport
- The earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 12th day after the day on which the concussion was suffered

RECOVERY PERIOD:

- The recovery period will be variable in length across different people and level of injury
- Children and adolescents typically recover slower and a more conservative approach is important
- Review with a medical doctor, and a more conservative approach, is important in players with a history of concussions or where there is a recurrence of symptoms at any stage during the return to play program

**LEARN MORE ON HOW TO MANAGE CONCUSSIONS
ACROSS COMMUNITY FOOTBALL AT [CLUBHELP.AFL](https://www.clubhelp.afl)**

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