

IF IN DOUBT, SIT IT OUT.



LEARN THE SIMPLE STEPS
TO BECOME A CONCUSSION
CHAMPION AT **PLAY.AFL**



We all have a duty of care to ourselves. If you play football in any competition, and may have a suspected concussion during a game, get it checked. Your health and wellbeing is important to everyone.

If it comes back that you have been analysed with concussion, including any symptoms, SANFL Juniors Umpiring needs to be advised, and Umpiring will be put on hold until you are 100% good to go again.

It's okay to sit it out.

Keep us informed on how you are going. After 21 days, let us know you are good to go.

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CONCUSSION – WHAT TO DO



As an Umpire, is it important to know what to do in each of the following scenarios:

In Game

- If an incident has occurred where a player may be concussed, stop the game, even when in doubt. (If in doubt, get a trainer out)
- Call club personnel on to the ground and let them take any required action.
- Once player/s are sorted by club personnel, recommence game ONLY when safe to do so (player off field of play).

When you are Umpiring

- As an Umpire on field, if you receive a knock and believe you could have concussion symptoms, stop the game, leave the field of play, and seek medical attention immediately (Home club can assist). Ensure emergency contact details are available if required.

If you are are a Player / Umpire

- If you are diagnosed with concussion while playing or umpiring, you need to adhere to the 21 day protocols for both. Your health and wellbeing is important to everyone.

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