

CBJFC CONCUSSION GUIDELINES



Forms and Reporting

There are **five forms** which provide guidance on reporting any injuries to the club, and dealing with potential concussions:

1. Caulfield Bears Injury Report form: to be completed by Trainers for **all treated injuries** and emailed to the Club (Coach, Team Manager, and Head Trainer).

For suspected head injuries/concussions only:

2. Caulfield Bears Head Injury Card: to be provided to injured player/guardian for guidance.

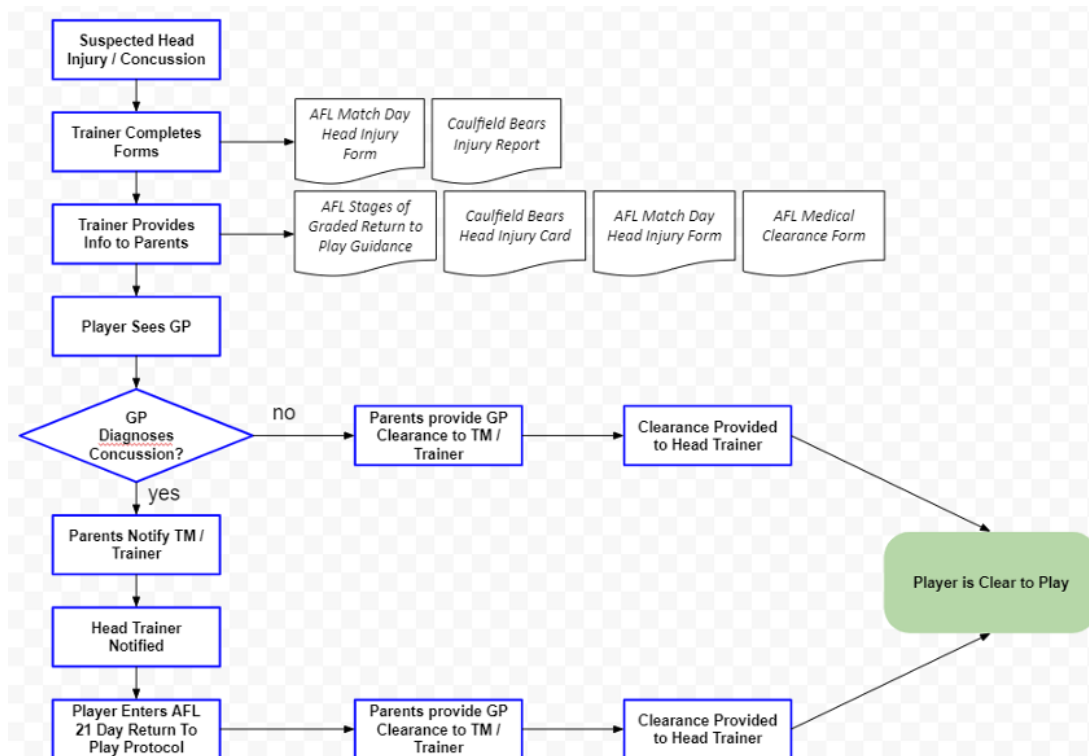
3. AFL Stages of Graded Return to Play Guidance: to be provided to player/guardian for guidance.

4. AFL Match Day Head Injury Form: copies to be completed and provided to injured player/guardian and emailed to the Club (Coach, Team Manager, and Head Trainer).

5. AFL Medical Clearance Form: to be provided to injured player/guardian for completion if concussion is diagnosed. Completed forms should then be provided to the Club (Coach, Team Manager, Trainer, and Head Trainer) **before** the player returns to play and/or full contact training.

AFL Stages of Graded Return

The "AFL Stages of Graded Return" Form provides guidance on how a suspected concussion should be treated, and a summary is provided below:



Flow Chart Summary

- Caulfield Bears Injury Report and AFL Match Day Head Injury Form should be filled out by the Trainer on match day (in tandem with a medic assessment for U13 and above games). Completed forms should be provided to the Club (Coach, Team Manager, and Head Trainer).

- **Players presenting with concussion symptoms** (as per the AFL Match Day Head Injury Form) should not return to play and should be referred to a local Medical Practitioner for assessment.

- Players **not** presenting initial concussion symptoms should be monitored after the game by parents (using Caulfield Head Injury Advice Card and AFL Match Day Head Injury Form). If **delayed concussion symptoms occur**, the player must be referred to a local Medical Practitioner for assessment.

- If the **Medical Practitioner does not diagnose** a concussion, a medical clearance letter/note should be obtained to this effect and provided to the club (Coach, Team manager, Trainer, and Head Trainer).

- If the **Medical Practitioner does** diagnose a concussion (either from match day symptoms or from delayed symptoms) the parent/guardian must inform the club (Coach, Team manager, Trainer, and Head Trainer) and follow the AFL Four Stages of Graded Return to Play process (a total of 21 days minimum). **This protocol applies regardless of the severity of the concussion:**

1. Relative Rest (1-2 days).
2. Daily activities (1 day), light exercise (1 day), Moderate exercise (2 days), high intensity exercise (2 days).
3. Graded Loading Program - No contact training (7 days), Limited to full contact training (progression through 7 days).
4. Unrestricted Return to Play (if concussion related symptoms appear before this stage, then the player should return to stage 2 and seek medical advice).

- Before Stage 4 of the Graded Return to Play Process the AFL Medical Clearance Form should be completed by the player and Medical Practitioner **before** the player can return to play (completed forms should then be provided to the Coach, Team Manager, Trainer and Head Trainer before the player returns to play and/or full contact training)

Non-game (suspected) concussion injuries

- The above protocol should also be followed if a player is diagnosed with concussion **outside of playing AFL** (e.g. injured while at school, other sport, football training, etc). To clarify, the Club (Coach, Team Manager, Trainer, and Head Trainer) should be informed and **the above concussion process taken for any concussions occurring outside of playing AFL.**

- Where a player is injured outside of the game, and a **concussion is suspected**, the club recommends an assessment by a medical practitioner. Where the parent/guardian has monitored the player themselves (with reference to the Caulfield Bears Head Injury Card and AFL Match Day Head Injury Form) and does not believe a concussion has occurred, the parent/guardian must email the Club (Trainer, Coach, Team Manager, and Head Trainer) and confirm (in writing) that the player sustained an injury but there are no concussion symptoms present and no concussion is suspected by the parent/guardian.