

April 2018

The AFL Medical Officers' Association, AIS and AMA have issued new guidelines to manage concussive episodes sustained during activities.

Our policy is based on those guidelines and is shown below:

**Sport Concussion Management Policy
Of the
Flagstaff Hill Football Club**

The sports medicine staff shall assess a player suffering a concussive episode during games or at training.

If the player presents with any signs and symptoms of concussion as indicated by the 'Concussion Recognition Tool 5' that recommend the player does not continue to play or train, the player will not be allowed to continue playing or training that day.

The player shall not be allowed to resume training or commence playing again, until a written medical clearance from a doctor has been received by the Club's sports medicine staff. If the concussion is confirmed by a doctor, the player shall then undertake a graduated return to play concussion rehabilitation program. If the concussion is not confirmed then the player can return to training and play.

That program will be either prescribed by a sports GP or the Club senior sports medicine staff. The program will consist of series of 4 training activities at least 24 hours apart, supervised by the Club sports medicine staff. The player must be asymptomatic after each session. The player then must obtain a medical certificate before they commence full contact practice. If asymptomatic after that final session, they are eligible to return to play/sport.

AIS/AMA guidelines state that any player under 18, must not return to play/sport for at least 14 days from when the concussion is confirmed.

Child SCAT5 states that children between the ages of 5-12 should undergo a graduated return to school.