



CONCUSSION POLICY 2025

This policy sets to outline the procedures that will be followed in the event of a concussion or suspected concussion event either at training or at a game. This policy covers all players at FHFC.

- 1 If any player is suspected of having a concussion from any incident at training or playing they will be removed from the field and will undergo assessment from the medical training staff using the Headcheck app and/or appropriate diagnosis tool to determine if the player has sustained a concussion.
- 2 If it is determined that the player has sustained a concussion they will be removed from any further involvement in training or play and will be required to be assessed by a healthcare professional (preferably by a concussion trained doctor) as soon as practical.
- 3 If after medical assessment it is determined that there is no evidence of concussion the player will be allowed to return with a written medical clearance.
- 4 If a concussion is confirmed the player should have a brief period of physical and cognitive rest which should be 24 – 48 hours.
- 5 After this time if the player is not suffering any signs or symptoms of concussion (at least 24 hours) they can start the graded return to sport process. See attached framework.
- 6 The player will need to follow and complete the program under the guidance of the club trainers and have the concussion referral and return form completed. There will need to be at least 24 hours between each session and be symptom free.
- 7 Once the player has completed the 3rd training session with no symptoms they will need to be reviewed by the initial health care practitioner and be cleared to return to full contact training.
- 8 The player after successful completion of contact training with no symptoms will be able to return to competition but not before 21 days post concussion.

FHFC Head Medical Trainer

FHFC President / Vice President