

GOLDEN GROVE FOOTBALL CLUB (GGFC) AFL Guidelines for Concussion Management

The Guidelines reflect the latest medical advice on managing concussion in Australian Football and are principally about protecting the health and safety of players and are summarised below: -

RECOGNISE, REMOVE, REFER.

- RECOGNISE a suspected concussion (look, ask, listen, monitor) – tools such as the Concussion Recognition Tool 6th edition (CRT6 as attached) and the HeadCheck App ([Download | HeadCheck Concussion App](#)) should be used to help identify a suspected concussion
- REMOVE the player from the match or training & not return to play in the same match/training session; and
- REFER the player to a medical doctor for assessment.

Any player who is suspected of having a concussion must be medically assessed at the appropriate SCAT level as soon as possible by a Medical Practitioner, preferably within 72 hours of the suspected concussion, and before 7 days have elapsed.

First aiders/trainers are to provide the player with a completed assessment & referral form to take to the Doctor. GGFC is also to be provided with a copy of the report to firstaid@ggfc.com.au & juniorsecretary@ggfc.com.au

If the player obtains a doctors clearance stating that there was no concussion then the player can return to train/play immediately (or as guided by the doctor). The clearance report is to be provided to GGFC to firstaid@ggfc.com.au & juniorsecretary@ggfc.com.au

If a concussion is confirmed, then the initial doctors report is to be provided to GGFC and any other club or school that the player plays sport for, and a further doctors report is to be provided to GGFC confirming full clearance to play to firstaid@ggfc.com.au & juniorsecretary@ggfc.com.au

The earliest that the player may return to play any sport (once they have completed a graded loading program and have obtained medical clearance) is on the 21st day following the concussion (where the day of concussion is designated day “0”) even with a doctors report confirming full clearance to play. This means that a player who is concussed in a match on a Friday/Saturday/Sunday will miss at least the next two weekends matches and will only be able to return to play on the third Friday/Saturday/Sunday (i.e. the 21st day after the concussion was sustained) if they have recovered according to the protocols and have been medically cleared to return to play.

The full AFL Guidelines document can be found here: [The-Management-of-Sport-Related-Concussion-in-Australian-Football-Mar-24.pdf \(play.afl\)](#)