

Concussion Protocol - Ready Reckoner

This is a simplified, quick reference guide to **return to play** following a concussion. This is not a guide to the medical recovery from concussion.

Incident Stage 1: Suspected Concussion		
Remove player from game.		
Assess using AFL-approved concussion management app HeadCheck (www.headcheck.com.au).		
Colbrow Medic and club Trainer complete and submit incident reports.		
Player not permitted to return to play for the rest of the match.		
<input type="checkbox"/> ACTION: parent or guardian take child to a GP for “diagnosis” within 24 hours		
Incident Stage 2: Diagnosis		
No concussion:	Concussion:	No diagnosis:
If a GP diagnoses the child does not have concussion, no further steps are required	If a GP diagnoses concussion, the following steps apply	In the absence of a diagnosis, the status of “suspected concussion” remains and the following steps apply
ACTION: YJFL ring parent to check on child’s wellbeing and provide offer of the use of the Eye Guide concussion assessment tool.		
ACTION: YJFL contact the club to advise the concussion protocols apply for child.		
Recovery Stage 1: Rest		
Complete physical and cognitive rest for minimum 24 hours.		
Recovery Stage 2: Recovery		
Minimum Requirement to move into this phase:		
<input type="checkbox"/> 24-48 hours of complete physical and cognitive rest.		
<input type="checkbox"/> Must be able to return to school, before commencing physical activity.		
<input type="checkbox"/> 24 hours of no concussion symptoms when at rest.		
Recovery activities:		
Two days (minimum) of activities that do not provoke symptoms. Continue until all concussion symptoms cease.		
Football training not permitted in this phase. Other forms of physical activity permitted.		
Recovery Stage 3: Graded Loading		
Minimum Requirement to move into this phase:		
<input type="checkbox"/> Medical clearance from GP, AND		
<input type="checkbox"/> 24 hours of no concussion symptoms		
<input type="checkbox"/> ACTION: parent or guardian to provide copy of medical clearance to BJFC Secretary: info@brunswickjfc.org.au		
Non-contact football training permitted. Games not permitted		
Recovery Stage 4: Return To Play		
Minimum Requirement to move into this phase:		
<input type="checkbox"/> Medical clearance from GP, AND		
<input type="checkbox"/> 12 days since incident		
<input type="checkbox"/> ACTION: parent or guardian to provide copy of medical clearance to BJFC Secretary: info@brunswickjfc.org.au		
Full training and games permitted		

Key definitions:

- *Medical Diagnosis* - Medical assessment by a GP as to whether a child **has** or **does not have** concussion.
- *Medical Clearance* - Medical advice from a GP that a child can progress to a phase of recovery following a concussion.

Parent tools and resources:

- AFL approved concussion management app HeadCheck (www.headcheck.com.au)
- Eye Guide – a brain function assessment tool available through the YJFL.