



# Seaton Ramblers Football Club Concussion Management Policy

Updated 11/4/24

## 1. Introduction

- The Seaton Ramblers Football Club are committed to ensuring the health and safety of all players and participants. This policy outlines the procedures that will be followed in the event of a concussion, from recognition, initial management, injury reporting and return-to-play decisions.
- This policy directly refers to the publication “The Management of Sport Related Concussion in Australian Football March 2024” from the AFL and should be read in conjunction with this resource.

## References

[The Management of Sport-Related Concussion in Australian Football March 2024](#)

[Headcheck App](#)

Match day assessment tools (CRT6 and referral form)

[CRT6](#)

[Referral form 13+](#)

[Referral form 12 and under](#)

[Graduated Return to Play](#)

## 2. Summary of Management of Sport-Related Concussion (from AFL website)

The [Management of Sport-Related Concussion in Australian Football](#) outlines the steps in initial management, including:

1. Recognising a suspected concussion
2. Removing the player from the game
3. Referring the player to a medical doctor for assessment
  - Where there is no medical doctor present to assess the player, or the diagnosis of concussion cannot be ruled out at the time of injury, the player must NOT be allowed to return to play in the same match / training session.
  - The guidelines also outline the steps to follow for return to play following a concussion including:
    1. A brief period of complete physical and cognitive rest (24-48 hours).
    2. A period of symptom-limited activity (e.g. reading, walking) to allow full recovery.
    3. [A graded loading program](#) (with monitoring).
    4. [Clearance by a medical doctor](#) (prior to returning to competitive contact sport / full contact training sessions).



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## Seaton Ramblers Football Club Concussion Management Policy

The earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 21st day after the day on which the concussion was suffered.

The day on which the concussion was suffered is considered day 0.

### 3. Recognising a suspected concussion

- The [CRT6](#) will be used for matchday sideline assessment of a head knock or suspected concussion. The completed [CRT6](#) should be taken by the player to their medical assessment (GP, emergency department etc). As an extra step, the [Matchday Head Injury form](#) should also be completed by the Trainer, Team Manager etc and taken with the player to their first medical assessment (GP Emergency Department etc).
- Tools such as the [HeadCheck app](#) can also be used to help identify a suspected concussion.
- It is important to note however that brief sideline evaluation tools (such as [CRT6](#) or the [HeadCheck app](#)), are designed to help identify a suspected concussion. They are **not** meant to replace a more comprehensive medical assessment and should never be used as a stand-alone tool for the management of concussion.

### 4. Referring for Medical Assessment

- Management of a head injury is difficult for non-medical personnel. In the early stages of injury, it is often not clear whether you are dealing with a concussion or there is a more severe underlying structural head injury.
- For this reason, ALL players with a suspected concussion need an urgent medical assessment (with a registered medical doctor). This assessment can be provided by a medical doctor present at the venue, local general practice or hospital emergency department.
- SRFC have partnered with InHealth Medical West Lakes (ph 8356 0166) and Doctors Troy Tabaranza, Raymond Roque and Carmelo Nueve have agreed to perform initial concussion assessments and medical clearances. This is the preference of the club as they have agreed to use the [SCAT6](#) and [SCOAT6](#) assessment tools.



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## Seaton Ramblers Football Club Concussion Management Policy

### 5. Completing digital injury form (not yet available)

- For any player who has sustained a potential concussion, a digital injury form is to be completed by the responsible person in attendance eg. sports trainer, first aid attendant or team manager/parent.
- The digital injury form must be completed on the day of the injury.
- This digital form allows accurate recording, and automatically notifies the SRFC player welfare team (PWT) of the injury, and includes player contact details and consent.
- The PWT are then able to follow up with the player/family for ongoing support in terms of player well-being, insurance claims where required, and rehab/mental health support where applicable.

Injury form link: when available will be put here.

Until the digital injury form is available, please email player contact details as well as the date and time of suspected concussion to [info@seatonramblersfc.com.au](mailto:info@seatonramblersfc.com.au)

### 6. Tracking and monitoring player management following a concussion

- The Team Manager is responsible for tracking a player's progress following a concussion, through to return to play clearance.
- Following injury, the team manager will:
  - Ensure a digital injury form has been completed by team's sports trainer, first aid attendant, Team Manager or parent
  - Follow up with player/family to check on player welfare and to advise of the concussion management procedures including:
    - a) seeking medical assessment as soon as able
    - b) getting written clearance when suitable to return to contact training
    - c) providing that written clearance to the Team Manager
    - d) Team Manager notifying coach that the clearance has been received

### 7. Recovery, Rehab and Return to Play

- Refer to the [stages of graded return to play](#) for specific guidelines relating to follow up management, including initial recovery and monitored graduated loading program.
- The earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 21<sup>st</sup> day after the day on which the concussion was suffered.
- **Any concussed player must not be allowed to return to competitive contact sport (including full contact training sessions) before having a medical clearance. A player must have at least one full contact training session prior to returning to play. In other words, a player's first full contact session post-concussion cannot be a game.**
- The written medical clearance must be provided to the players Team Manager prior to the player rejoining full contact training and returning to play.