

CIRCULAR



Subject: CONCUSSION

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Audience: Club Committees, Board Members

Summary: The Board recently endorsed an amendment to the League's By-laws regarding the management of concussion. This was due to changes made by the AFL on concussion.	Action: Forward to your club trainers.
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The League has taken the position that a player whose name is submitted to the League as having FAILED the Pocket CRT (concussion test) is NOT permitted to:

1. **Return to training until the 8th day after the day on which concussion was suffered and a medical clearance to resume physical activity provided to the club; and**
2. **The player can return to play on the 12th day after the day on which the concussion was suffered.**

Concussion is considered a mild brain injury. Most cases of concussion recover uneventfully after 7-10 days if managed correctly. Complications can occur if the player is returned to training or play before they have recovered from the concussion.

The policy amendment ensures a player cannot train within 8 days of concussion. This supports a graduated return to physical activity, which has not been consistently adhered to by clubs in the past.

PROCESS AND NON-COMPLIANCE

Where a player fails a concussion test;

1. the Trainer shall submit the concussion test via the League's APP.
2. the player's record on Sports TG will be suspended by the League, restricting them being added to the team sheet.

To ensure a player's restricted record can be attended to and removed by the League on Sports TG, the player's medical clearance is required to be emailed to the League no later than 10am Friday preceding the respective League match – jsaunders@wafc.com.au

Where the concussion by-law is breached i.e player fails to get a medical clearance and plays, the League will deem the player and team acted in a manner prejudicial to the good order and management of amateur football, and may be subject to sanctions, including but not limited to, loss of Premiership Points, fine and/or suspended from participating.

AMENDED BY-LAW A2.21 CONCUSSION

A2.21.1 A player suspected of having suffered a head injury/concussion or is knocked unconscious shall:

- a) Be assessed by the team's trainer using the Pocket Concussion Recognition Tool (CRT), preferably within 10 minutes of the incident.
- b) Use of the Pocket (CRT) requires NO medical training.
- c) Have the matter recorded at the conclusion of the match via the League Concussion APP by the respective team's trainer. Failure to do so will incur a fine as prescribed in Schedule A1.

A2.21.2 Any player who FAILS the Pocket CRT assessment is not permitted to return to the playing surface.

A2.21.3 A player whose name is submitted to the League as having FAILED the Pocket CRT is NOT permitted to return to training until the 8th day after the day on which concussion was suffered and medical certification clearing him to resume physical activity provided to the club. The player can return to play on the 12th day after the day on which the concussion was suffered.

A2.21.4 A player who suffers a concussion should on the day of the match:

- a) Keep well hydrated and NOT consume alcohol.
- b) NOT drive a motor vehicle.
- c) NOT be left alone and be woken every 2-3 hours during the night to ensure they are well.
- d) Seek IMMEDIATE medical attention if they:
 - Are unconscious for more than 5 minutes
 - Develop visual disturbance
 - Are confused
 - Develop nausea/vomiting
 - Have a headache not responding to Paracetamol or Ibuprofen.