

CIRCULAR



PERTH FOOTBALL
L E A G U E

Subject: CONCUSSION PROTOCOLS

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Audience: Club Committees, Trainers

Summary: Significant changes to the Concussion Protocols which are in line with the AFL and WAFC guidelines.	Action: Review the Concussion Protocols and communicate to all club members and trainers. Review the attached Graded Return to Play Concussion Protocols and circulate throughout your club.
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Concussion Protocols

In addition to the Concussion By-Law, the PFL advise of the below updated Graded Return to Play Concussion Protocols which is in alignment with the WAFC's and the national AFL Concussion Policy.

Summary of Graded Return to Play Concussion Protocols include:

Graduated Return-to-Play Protocol: Players are required to undergo a gradual return to physical activity following an initial period of relative rest lasting 24-48 hours.

Clearance Checkpoints: Before progressing through the return-to-play stages, players must pass several checkpoints to ensure their safety. Players must be medically cleared after 14 full days of being symptom free and can then commence contact training. Players cannot return to competitive games until at a minimum 21 days post-concussion.

Gradual Reintroduction of Activities: Both physical and cognitive activities are gradually reintroduced over a period of time, with cognitive stimulation such as screen use and learning activities recommencing after 48 hours of rest.

Minimum Symptom-Free Period: Athletes must be symptom-free for at least 14 full days of rest before resuming contact training. A temporary exacerbation of mild symptoms during exercise is acceptable as long as they quickly resolve afterward.

Extended Recovery Period: A minimum of 21 days is mandated before players can resume competitive contact sports, ensuring thorough recovery and symptom resolution.

Holistic Assessment: Concussion recovery is assessed across various symptom domains, including physical, cognitive, emotional, fatigue, and sleep, to ensure comprehensive care.

Prioritization of Learning and Work Activities: Returning to learning and work activities takes precedence over resuming sports activities. Players must successfully complete a full return to learn/work activities before participating in full-contact sports.

The Graded Return to Play Concussion Protocols are attached and can be found [here](#). If you have any questions regarding concussion, please contact Kathy on 0477 767 007 or kathy@perthfootball.com.au.

Responsibility

TRAINERS

Are responsible for identify and managing suspected concussion and report whether the player passed/failed the initial assessment. If the trainer is unavailable any club volunteer is able to complete the assessment.

- For any suspected concussion, perform the concussion assessment via Pocket Concussion Recognition Tool (CRT6). A copy of the CRT6 is attached and can be found [here](#).
- Report the test at the conclusion of the test via the Leagues Concussion Reporting Form found [here](#).
- Complete the section 1 of the attached Concussion Referral & Clearance Form found [here](#).
- Advise Player of the Graded Return to Play Concussion Protocol.

PLAYER

Communication to the player needs to be that their recovery is gradual and self-managed. All points below are minimum standards.

- **Review the Graded Return to Play Concussion Protocols for full details**
- Rest for 24-48 hours – no screens, no work, no driving, no alcohol.
- Athletes must be symptom free before returning to contact training for a minimum of 14 full days after concussion.
- Players cannot seek medical clearance on the 14th day, only after 14 full days.
- A doctor's clearance is required before returning to contact training.
- Sign off on Section 4 of the Concussion Referral & Clearance Form.
- Return to game 21 days after concussion at a minimum.

CLUB / TEAM

- Encourage Player to adhere to the Graded Return to Play Concussion Protocols
- Receive doctors' clearance before player is back at contact training (after 14 days).
- Sign off on Section 5 of the Concussion Referral & Clearance Form.
- Forward medical clearance and completed Referral & Clearance form to kathy@perthfootball.com.au prior 12pm Friday for player to be cleared to play.

MEDICAL PRACTITIONER

- When a player presents with concussion symptoms, the player should have with them the Concussion Referral & Clearance Form
- Section 2 & 3 of the Concussion Referral & Clearance Form must be completed by the medical practitioner along with a medical clearance before a player can return to contact training.

To eliminate any confusion, PLAYERS DO NOT AUTOMATICALLY BECOME AVAILABLE FOR SELECTION AFTER 21 DAYS. A doctors clearance and the Concussion Referral & Clearance Form must be forwarded onto kathy@perthfootball.com.au prior 12:00pm Friday for the player to be eligible to play.

KEY DOCUMENTS

All of the following documents are attached and can be found on the League's website.

1. PFL Concussion Protocols
2. Concussion Recognition Tool (CRT6)
3. League Concussion Reporting Form.
4. PFL Concussion Referral & Clearance Form