

CIRCULAR



PERTH FOOTBALL
L E A G U E

Subject: CONCUSSION PROTOCOLS

Date: 02 June, 2023

Document ID: 26, 2022-23

From: Andrew Dawe, Chief Executive Officer
Ph: 08 9287 5522 (Office Hours Mon to Fri, 8.30am to 5pm)
Email: andrew@perthfootball.com.au

Audience: Club Committees, Board Members, Trainers

Summary:	Action:
A reminder to all clubs around the importance of following the PFL's Concussion Protocols. These Concussion Protocols have been updated.	Review the update to the Concussion Protocols and communicate to all club members and trainers. Review the attached flow chart and circulate throughout your club.

Concussion is and continues to be a significant risk for players at all levels of football. The PFL reminds all clubs, of the current concussion protocols as well as providing an update to these protocols to ensure alignment with the WAFC Concussion Policies.

Across the first seven rounds of this season there have been 212 concussion tests that have been completed across the league with 120 failed tests (sustaining a concussion) and 92 passed tests. **Clubs are reminded that all concussion tests, pass or failed are to be reported to the PFL using the Concussion Report Form found on either the PFL app or website.** Please refer to the Current Concussion Protocols for further details.

Concussion Protocol Update

In addition to the Concussion By-Law, the PFL advise of the below update which is in alignment with the WAFC's Concussion Policy.

Multiple Concussions in a Season

*Following any concussion, a player must receive a medical clearance to Return to Play as per the National Concussion Guidelines. If a player receives a 2nd concussion in a season, then the player **must** be assessed by a doctor or medical practitioner who specialises in concussion management, and be medically cleared by them in order to Return to Training or Play. The WAFC can assist clubs and families in identifying doctors who specialise in the field of concussion.*

If a player receives a 3rd concussion within a season combined across any competition then it is highly recommended by the WAFC, that the player does not play for the remainder of the season, and should continue to be assessed / monitored by a medical specialist in Concussion Management.

The PFL have developed a poster which is attached to this circular. Please disseminate to your members and trainers to assist in spreading the message regarding the update to the protocols.

If you have any questions regarding concussion, please contact myself or Kathy on 9287 5524 or kathy@perthfootball.com.au.

Responsibility

TRAINERS

Are responsible for conducting the concussion test and reporting whether the player passed/failed. If the trainer is unavailable any club volunteer is able to complete the test.

- For any suspected concussion, perform the concussion test via Pocket Concussion Recognition Tool (CRT) or [HeadCheck](#) app.
- Report the test at the conclusion of the test via the League Concussion Report Form [this form](#).

PLAYER

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

- Rest for 24 hours – no screens, no work, no driving, no alcohol.
- Download the [HeadCheck](#) app. This will provide a personalised graded recovery program based on daily questions.
- Gain doctors clearance.
- Return to training 8 days after concussion (or when recovered).
- Return to game 12 days after concussion (or when recovered).

CLUB / TEAM

- Receive doctors clearance before player is back at training (after 8 days).
- Forward doctors clearance to kathy@perthfootball.com.au prior 12pm Friday for player to be cleared to play.

To eliminate any confusion, PLAYERS DO NOT AUTOMATICALLY BECOME AVAILABLE FOR SELECTION AFTER 12 DAYS. A doctors clearance must be forwarded onto kathy@perthfootball.com.au prior 12:00pm Friday for the player to be eligible to play. Refer to update if multiple concussions sustained in one year.

BY-LAW A2.21 CONCUSSION PROTOCOLS

A2.21.1 Clubs, Club Officials and Players are required to comply with the Concussion Protocols and related policies, as communicated by the League from time to time.

A2.21.2 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. Use of the Pocket CRT requires NO medical training.
- b) Have the matter recorded at the conclusion of the match via the online form by the respective team's trainer. Failure to do so will incur a fine as prescribed in Schedule A1.

A2.21.3 Any player who FAILS a concussion test is not permitted to return to the playing surface.

A2.21.4 A player whose name is submitted to the League as having FAILED a concussion test is NOT permitted to return to training until the 8th day after the day on which concussion was suffered and medical certification clearing them to resume physical activity has been provided to the club.

The player can return to play on the 12th day after the day on which the concussion was suffered. To ensure a player's restricted record can be amended in PlayHQ, a clearance is required to be emailed to the League no later than 10am Friday preceding the respective match.