

# CIRCULAR



**Subject:** CONCUSSION

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**Audience:** Club Committees, Coaches, Team Managers, Trainers

<b>Summary:</b> Processes players, trainers, and clubs, are required to complete when a player sustains a concussion in the Perth Football League .	<b>Action:</b> <ul style="list-style-type: none"><li>- Report conducted concussion tests.</li><li>- Forward on doctors clearances to league.</li></ul>
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As we know, concussions are a serious injury and can cause significant long-term damage. In the first 5 rounds of 2021, 70 reports of conducted concussion test have been received. Of the 70 conducted, 48 players have sustained a concussion.

Sustained concussions differ person-to-person in all aspects. As a result, the AFL have recently updated their [Concussion Management Guideline](#) to emphasise a player-managed graded recovery program (graphic attached). As each player's return to play will be different, the AFL's Concussion Management Guidelines are minimum standards.

The Perth Football League's processes are based off the minimum requirements of these guidelines. With the player health and safety in focus, Perth Football League have additional processes that are required to be completed prior the player returning to play.

To eliminate any confusion, PLAYERS DO NOT AUTOMATICALLY BECOME AVAILABLE FOR SELECTION AFTER 12 DAYS. A doctors clearance must be forwarded onto [jsaunders@wafc.com.au](mailto:jsaunders@wafc.com.au) prior 12:00pm Friday for the player to be eligible to play.

## 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 Test (or [this form](#)).

## PLAYER

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

- 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 [jsaunders@wafc.com.au](mailto:jsaunders@wafc.com.au) prior 12pm Friday for player to be cleared to play.