

THE ROLE OF HELMETS

IN MANAGING CONCUSSION IN COMMUNITY FOOTBALL



The WAFC is often asked about helmets and the role that they play in preventing concussion. The WAFC has worked closely with Connectivity Traumatic Brain Injury Australia, the WA Concussion Network and the AFL in the establishment of the below position statement on the role of helmets.

There is no definitive scientific evidence that current commercially available helmets prevent concussion in contact sports including Australian Rules Football.

Helmets or headgear can reduce the risk of scalp and ear injuries and may play a role in protection of players on return to play following such injuries.

Research into headgear in 400 junior AFL players, published in 2022, found that “headgear use was not associated with any reduced risk of suspected sports-related concussion. There is also research that suggests that in contact sport, that players who wear helmets feel that they can tackle harder and are more confident when wearing a helmet which may result in more aggressive play, with less concern for safety.”¹

In summary, there is **insufficient scientific evidence** to recommend the use of helmets to reduce the risk of concussion in Community Football.

Connectivity Traumatic Brain Injury Australia is an Australian-wide not-for-profit organisation working to raise awareness of concussion and traumatic brain injury (TBI) in the community.

The WA Concussion Network is a collaboration between community, clinicians and researchers, to improve the identification and treatment pathways of concussion for all Western Australians.

¹ J. Knight et al. (2022). The association of padded headgear with concussion and injury risk in junior Australian football: A prospective cohort study.

