

# MULTIPLE CONCUSSIONS IN A SEASON

## 3 Step Approach to Concussion Management



1st

### CONCUSSION IN A SEASON

Any player who receives a concussion must follow the Return to Play process as outlined in the National Concussion Guidelines.

**This must include a medical clearance from a doctor.**

The player cannot return to play until they have progressed through all steps of the concussion guidelines, which will take a minimum of 21 days, and has received a medical clearance.



2nd

### CONCUSSION IN A SEASON

Any player who receives a 2nd concussion in a season must follow the Return to Play process as outlined in the National Concussion Guidelines.

**The player must seek a medical clearance from a doctor or medical practitioner that specialises in concussion management.**

The player cannot return to play until they have progressed through all steps of the concussion guidelines, which will take a minimum of 21 days, and has received a medical clearance from a specialist.



3rd

### CONCUSSION IN A SEASON

It is strongly recommended that **any player who receives a 3rd concussion in a season does not play for the remainder of the season.**

This is combined across any competition i.e., club, school, AFL9's, etc. The player should seek expert medical advice from a doctor or medical practitioner that specialises in concussion management.



The WAFC continues to prioritise the Health, Safety & Wellbeing of all participants in the game.