



## **FHFC Concussion Policy 2023**

This policy sets to outline the procedures that will be followed in the event of a concussion or suspected concussion either at training or at a game.

- 1 If any player is suspected of having a concussion from any incident at training or playing they will be removed from the oval and will undergo assessment from the training staff using the headcheck app or appropriate diagnosis tool to determine if the player has sustained a concussion.
- 2 If it is determined that the player has sustained a concussion they will be removed from any further involvement in training or play and required to be assessed by a doctor (preferably a concussion trained Doctor) as soon as practical.
- 3 If after medical assessment it is determined that there is no evidence of concussion the player will be allowed to return with a written medical clearance.
- 4 If a concussion is confirmed the player should have a brief period of physical and cognitive rest which should be 24- 48 hours.
- 5 After this time if the player is not suffering from any symptoms of concussion (for a least 24 hours) they can start the return to play process. See attached program.
- 6 The player will need to complete this program under the guidance of the club trainers and have the Return to Play form signed after each session. There needs to be at least 24 hours between each session and the player must be asymptomatic after each session to progress to next session.
- 7 After the player has completed the 3<sup>rd</sup> session, they will be required to obtain a medical clearance to return to full contact training (session 4) and play, once session 4 is completed.  
There should be at least 14 days from date of injury to return to play.
- 8 Once this process is complete the player can return to play.

FHFC Trainers