

RETURN TO PLAY CLEARANCE FORM

PLAYER DETAILS

Player: Club:

Date of concussion: / /

The player must take this form to a Doctor to receive a medical clearance from any symptoms of concussion before returning to full contact training or playing Australian Football.

The player must return this form to their club who must retain a copy and provide to their League if requested.

DECLARATION OF FITNESS TO RETURN TO PLAY

I have examined (player) on / /

By signing this document, I declare that the above player has recovered from their concussion (including full resolution of their concussion-related symptoms and signs) and has completed a graded loading program without recurrence of any clinical features.

In my opinion the player is now medically fit to return to full contact training or playing Australian Football.

Signed: Date: / /

Doctor name: Provider #:

Please note that the earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 12th day after the day on which the concussion was suffered.

PHASES OF RETURN TO PLAY FOLLOWING CONCUSSION:

Focus	Goal	Requirements to move to next stage
Rest		
Rest	<ul style="list-style-type: none"> Help speed up recovery 	<ul style="list-style-type: none"> Complete physical and cognitive rest in the first 24 – 48 hours
Recovery		
Symptom limited activity	<ul style="list-style-type: none"> Two days of activities that do not provoke symptoms 	<ul style="list-style-type: none"> No concussion-related symptoms at rest or with physical or brain activity for at least 1 day and the player has successfully returned to work/school The player should also have a medical clearance (e.g. physiotherapist, sports trainer, first aider) to confirm that the player has had no concussion-related symptoms for at least 1 day
Graded Loading – individual program		
Light / moderate aerobic exercise	<ul style="list-style-type: none"> Light / moderate aerobic exercise (e.g. walking, jogging, cycling at slow to medium pace) No resistance training 	<ul style="list-style-type: none"> Remain completely free of any concussion-related symptoms
Recovery day		
Sport-specific exercise	<ul style="list-style-type: none"> Increased intensity (e.g. running at an increased heart rate) and duration of activity Add sports specific drills (e.g. goal kick, stationary handball) Commence light resistance training 	<ul style="list-style-type: none"> Remain completely free of any concussion-related symptoms The player should also have a medical clearance (e.g. physiotherapist, sports trainer, first aider) to confirm that the player has had no concussion-related symptoms for at least 1 day
Recovery day		
Graded Loading – full team training		
Limited contact training	<ul style="list-style-type: none"> Return to full team training – non-contact except drills with incidental contact (incl. tackling) 	<ul style="list-style-type: none"> Remain completely free of any concussion-related symptoms Player confident to return to full contact training
Recovery day		
<i>Clearance by a medical doctor is required before returning to the final full contact training session and competitive contact sport</i>		
Full contact training	<ul style="list-style-type: none"> Full team training 	<ul style="list-style-type: none"> Remain completely free of any concussion-related symptoms Player confident to participate in a match
Recovery day		
Return to Play		

The earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 12th day after the day on which the concussion was suffered.

A more conservative approach is required if there is a lack of baseline testing and active medical practitioner oversight of each stage of the graded return to football. A more conservative approach is important in certain situations including for children and adolescents, players with a history of concussion and where there is a recurrence of symptoms at any stage during the return to play program.