**SPORT CONCUSSION MANAGEMENT POLICY**

The AFL Medical Officers’ Association has issued new guidelines to manage concussive episodes sustained during activities.

Our policy is based on those guidelines and is shown below:

**SPORT CONCUSSION MANAGEMENT POLICY**

The Flagstaff Hill Football Club Trainers shall assess a player suffering a concussive episode during games or at training.

If the player presents with any signs and symptoms of concussion as indicated by the ‘Concussion Recognition Tool’ that recommend the player does not continue to play or train, the player will not be allowed to continue playing or training that day.

The player shall not be allowed to resume training or commence playing again, until, a written medical clearance from a doctor who deals in concussion, has been received by the Club’s sports medicine staff. (A medical practitioner who is expert in the management of concussion is recommended. This also means that the doctor should know the player and conduct all the correct tests ie recall, check they have had no headaches etc which is what a medical practitioner who is expert in the management of concussion would do.) The player shall then undertake a “Graduated Return to Play Concussion Rehabilitation Program.”

That program will be either prescribed by a sports GP or the Flagstaff Hill Football Club Trainers. The program will consist of 4 training activities, supervised by the Club’s Trainers. The player must be asymptomatic after each session.

This policy has been developed using the guidelines of the booklet ‘The Management of Concussion in Australian Football’, published by the AFL Medical Officers Association in March 2013.

This new policy is effective immediately.

Julie Harrington

Head Trainer

Flagstaff Hill Football Club