



CONCUSSION MANAGEMENT

IN ACCORDANCE WITH AFL GUIDELINES

STEP BY STEP GUIDELINES:

- **1. Recognize** a possible concussion.
- **2. Take** player out of game and **rest**.
If in doubt, sit out.
- **3. Follow** and fill out Child or Adult **AFL Scat**
- **4. Any** signs or symptoms of concussion, the player must not return to the game.
- **5. If** a player is showing signs of a severe concussion, the trainer should call for an ambulance ASAP.
- **5A. If** a player shows symptoms of a mild concussion they **must be referred** to a doctor or hospital.
- **6. If** a player shows any signs of concussion (mild or severe) the trainer will need to fill out a scat form and give to player or carer.
- **6A. The** player or carer must give the scat form to the doctor so they may follow through with the scat guidelines to be able to give a more accurate and reliable assessment and clearance for training.
- **6B. The** player or carer should have the scat form filled out and signed by the assessing doctor and return to the trainer with a certificate of clearance to train.
- **7. When** a player returns to training with their Scat form and doctor certificate of clearance, they must start with a light training session and monitored closely by their trainer.
- **7A. If** player shows no signs of concussion after light training session they can move onto a more intense training next session.
- **7B. If** player shows no signs of concussion after an intense training session, the player can play the coming game.
- **7C. When** a player returns to play his first game back after a concussion, the trainer is to monitor player closely for any reoccurring signs of concussion throughout the game.
If in doubt sit out.
- **8. If** at any time signs of concussion occur during steps 7, 7A, 7B or 7C you must stop and rest the player and start steps 6, 6A, and 6B again. The trainer and doctor must repeat these steps in managing the player until all signs of concussion are no longer present to ensure players safety.
- **9. All** trainers managing a player with concussion must attend the training nights to assess players progress, using the scat form and ensure light to heavy training has been monitored before the player is able to play a game.
- **10. At** no time is an adult player with a suspected concussion be allowed to drive a car, take pain killers of any sort or drink alcohol and must be accompanied until a professional medical opinion has been given.

You can find more AFL Concussion information forms and documents on the WRFL website under WRFL Trainers.