

OFFICER



KANGAROOS
JUNIOR FOOTBALL CLUB

CONCUSSION MANAGEMENT

For parents and first aiders

in partnership with



TRIDENT
MEDICAL CENTRE

44 Rix Rd, OFFICER
8828-8333



26/445 Princes Hwy, OFFICER
8578-6544

Dear parent,

You are receiving this information pack because your child has a concussion or suspected concussion.

Please read the information carefully and ensure all documentation is completed.

- Officer Kangaroos Junior Football Club has implemented the AFL's 21-Day Return to Play option, which requires written consent from a qualified medical practitioner, certified in concussion diagnosis, to allow a player to return to the field.
- The club has applied a policy requiring a player to be assessed within 48 hours when a First Aider, Team Manager or any member of the coaching group notes the player has a concussion or suspected concussion.
- If a player does not visit a medical practitioner certified in concussion diagnosis within 48 hours, the 21-Day Return to Play option will be automatically applied to the player.

We take the safety of all our Officer Kangaroos Junior Football Club players very seriously and see this as the most proactive way to ensure our players are safe and protected on the field.

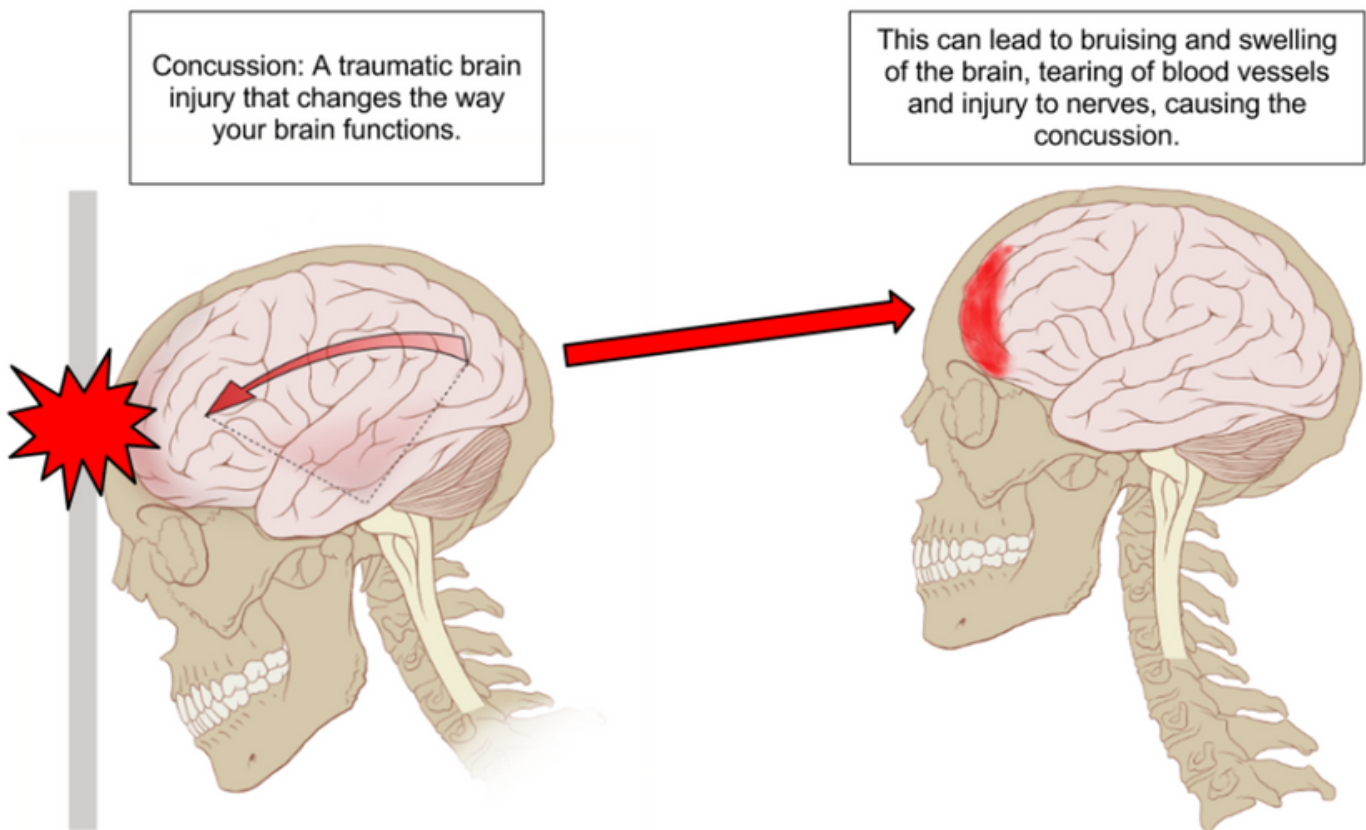
Further information is available in this pack, including where to find a medical practitioner certified in concussion diagnosis and the relevant paperwork to be completed.

Any queries, call Shayne Honey, President: 0400 242 802
or for more information visit play.afl/concussion

What is a concussion?

A concussion is an injury to the brain.

- An injury caused by a direct blow to the head, neck, or body resulting in a force being transmitted to the brain
- An injury to the brain affects nerve function
- Signs and symptoms may be present immediately, or evolve over minutes to hours



The brain is a soft delicate structure that is surrounded by fluid and the hard outer casing of our skull. When the skull is jolted or impacted by an external force, the brain moves and can contact the skull.

Swelling, bruising, and inflammation makes it harder for nerves to work with a wide range of symptoms.



**SCAN TO VIEW THE
AFL VIDEO SERIES
CONCUSSION EXPLAINED**



**SCAN TO VIEW A 30 MINUTE
WEBINAR: PRACTICAL GUIDE TO
CONCUSSION MANAGEMENT**

Stages of concussion management

Recognition - Signs and symptoms of concussion

Less than 10% of concussions involve a player losing consciousness

Any player with a suspected concussion must be immediately removed from practice or play and not be allowed to return in the same match or training session.

High impact/forceful mechanism + symptoms = suspected concussion

RED FLAGS



- Neck pain or tenderness
- Double vision
- Weakness or tingling or burning in arms or legs
- Intense headache or one that's getting worse
- Seizures
- Blacking out
- Losing awareness of surroundings
- Repeated vomiting
- Getting more restless
- Being irritable or aggressive

If a player has any red flags, they need urgent transfer to a hospital.



**MATCH DAY
GUIDE POSTER
AND
INFORMATION**

PHYSICAL SIGNS



Things you can see or look for that tell you something's not right:

- Lying motionless on the ground or being slow to get up
- Vomiting
- Tonic posturing or impact seizure
- Struggling with balance or coordination
- Grabbing/clutching of the head
- Looking blank or vacant
- Being confused or disoriented
- Struggling to concentrate or remember things
- Facial injury
- Not seeming like their usual self

SYMPTOMS



Things the player is feeling, which you can ask about, like:

- Headache
- Nausea
- Blurred vision
- Drowsiness
- Balance problems or dizziness
- Feeling 'dinged' or 'dazed'
- Being sensitive to light or noise
- Feeling more emotional or irritable than usual
- Sadness
- Feeling nervous or anxious
- Neck pain
- Feeling slowed down
- Feeling mentally 'foggy'
- Having difficulty concentrating or remembering
- Just feeling 'not quite right'



**CONCUSSION
RECOGNITION
FORM FOR FIRST
AIDERS TO USE**

Stages of concussion management

Removal - If in doubt, sit them out

- Any player with a suspected concussion must be immediately removed from practice or play and not be allowed to return in the same match or training session
- If possible, find a quiet changing room
- Do not be swayed by the opinion of others suggesting a premature return to play
- Once removed and composed complete the match day head injury form. This allows documentation of symptoms at the time of injury. This then allows for review of symptoms throughout recovery, rehab, and return to play
- **First Aider to complete** the Match Day Head Injury Assessment and Referral Form Sideline Form
- **Player to complete** the Match Day Head Injury Player Form
- **Parent to complete** the Match Day Head Injury Parent/Guardian Symptom Evaluation Form (ages 12 and under only)
- See a doctor within 48 hours and take these documents with you

MATCH DAY HEAD INJURY
ASSESSMENT & REFERRAL FORM | AGES 12 & UNDER



SIDELINE FORM
Examiner to complete on the day of suspected concussion

PLAYER DETAILS
NAME: _____
CLUB: _____

INCIDENT DETAILS
DATE: ____/____/____
OCCURRED AT: ☐ MATCH ☐ TRAINING ☐ OTHER
BRIEF DESCRIPTION: _____

IDENTIFICATION OF RED FLAGS
(tick all those that apply)
Loss of consciousness ☐
Seizure or convulsions ☐
Deterioration of conscious state ☐
Persistent or increasing vomiting ☐
Double vision ☐
Severe or increasing headache ☐
Increasing restlessness, agitation, or combative behaviour ☐
Neck pain ☐
Weakness or tingling/burning in the arms or legs ☐
If any of these boxes are ticked, the player needs urgent transportation to a hospital. 

FEATURES OF A SUSPECTED CONCUSSION
(tick all those that apply)
Loss of responsiveness ☐
Motor incoordination (losing balance, staggering, etc) ☐
Confused/disorientation (not aware of plays or events) ☐
Persistent memory (unable to recall events before or after the injury) ☐
Looking/feeling dazed, blank or vacant ☐
Player reporting symptoms:
a. I don't feel right ☐
b. I'm more emotional than usual - sad, nervous or anxious ☐
c. I feel drowsy, dazed, confused or 'foggy' ☐
d. I'm sensitive to light or noise ☐
The player isn't their normal self, or there's any other concern that they're not quite right ☐
Other (please list): _____
All players with a suspected concussion need to see a doctor as soon as practical for medical assessment, including confirmation of diagnosis.
Players cannot return to play or full-contact training until they have been cleared by a doctor. 

EXAMINER NAME _____
SIGNATURE _____
ROLE AT CLUB _____
DATE ____/____/____

MATCH DAY HEAD INJURY
CHILD REPORT | AGES 12 & UNDER



PLAYER FORM
To be completed on the day of suspected concussion

PLAYER DETAILS
NAME: _____
AGE: _____ CLUB: _____
How many concussions has your child had in the past? _____ For their most recent concussion, how long was the recovery (time to being cleared to play)? (approximate number of weeks) _____ WEEKS
When was the most recent concussion? _____

SYMPTOM EVALUATION
Ask the child to rate their symptoms based on how they are feeling now:

SYMPTOM	NOT AT ALL	A LITTLE	SOMETIMES	A LOT
	0	1	2	3
I have headaches	☐	☐	☐	☐
I feel dizzy	☐	☐	☐	☐
I feel like the room is spinning	☐	☐	☐	☐
I feel like I'm going to faint	☐	☐	☐	☐
Things are blurry when I look at them	☐	☐	☐	☐
I see double	☐	☐	☐	☐
I feel sick to my stomach	☐	☐	☐	☐
I get tired a lot	☐	☐	☐	☐
I get tired easily	☐	☐	☐	☐
I have trouble paying attention	☐	☐	☐	☐
I get distracted easily	☐	☐	☐	☐
I have a hard time concentrating	☐	☐	☐	☐
I have problems remembering what people tell me	☐	☐	☐	☐
I have problems following directions	☐	☐	☐	☐
I daydream too much	☐	☐	☐	☐
I get confused	☐	☐	☐	☐
I forget things	☐	☐	☐	☐
I have problems finishing things	☐	☐	☐	☐
I have trouble figuring things out	☐	☐	☐	☐
It's hard for me to learn new things	☐	☐	☐	☐
My neck hurts	☐	☐	☐	☐

Do the symptoms get worse with physical activity? ☐ YES ☐ NO **Do the symptoms get worse when trying to think?** ☐ YES ☐ NO
OVERALL RATING FOR CHILD TO ANSWER
On a scale of 1 to 10 (where 10 is normal), how would you rate how you're feeling now?
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10
If not 10, in what way do you feel different? _____

MATCH DAY HEAD INJURY
PARENT OR GUARDIAN REPORT | AGES 12 & UNDER



SYMPTOM EVALUATION
To be completed by parent/guardian on the day of the suspected concussion

	NOT AT ALL	A LITTLE	SOMETIMES	A LOT
	0	1	2	3
has headaches	☐	☐	☐	☐
feels dizzy	☐	☐	☐	☐
has a feeling that the room is spinning	☐	☐	☐	☐
feels faint	☐	☐	☐	☐
has blurred vision	☐	☐	☐	☐
has double vision	☐	☐	☐	☐
experiences nausea	☐	☐	☐	☐
gets tired a lot	☐	☐	☐	☐
gets tired easily	☐	☐	☐	☐
has trouble sustaining attention	☐	☐	☐	☐
is distracted easily	☐	☐	☐	☐
has difficulty concentrating	☐	☐	☐	☐
has problems remembering what he/she is told	☐	☐	☐	☐
has difficulty following directions	☐	☐	☐	☐
tends to daydream	☐	☐	☐	☐
gets confused	☐	☐	☐	☐
is forgetful	☐	☐	☐	☐
has difficulty completing tasks	☐	☐	☐	☐
has poor problem-solving skills	☐	☐	☐	☐
has problems learning	☐	☐	☐	☐
has a sore neck	☐	☐	☐	☐

Do the symptoms get worse with physical activity? ☐ YES ☐ NO **Do the symptoms get worse when trying to think?** ☐ YES ☐ NO
OVERALL RATING FOR PARENT/GUARDIAN
On a scale of 0-100% (where 100% is normal), how would you rate the child now?
If not 100%, in what way does the child seem different? _____



MATCH DAY FORMS AGES 12 AND UNDER



MATCH DAY FORMS AGES 13 AND OVER

Stages of concussion management

Referral and initial management

- Recommend going to the nearest Hospital Emergency or Priority Care Centre if symptoms are severe.
- If not as quickly as you can and a maximum of 48 hours, see a GP or sports doctor. Most sports doctors and GP clinics keep spots open on Monday mornings specifically for weekend sports injuries.
- Regardless of if you've been seen on the day of injury or quickly after there are a few key things with initial management. The recovery journey will be at least 3-4 weeks so just because symptoms go away doesn't mean we are finished or the player can return.



All players with a suspected concussion need prompt medical assessment by a medical doctor to clear other potential injuries



Confirm the diagnosis
Rule out other brain or facial injuries
Peace of mind
Medical certificate for work/school
Will play a role in return to play later in the recovery journey



Initial management
Don't be left alone for 24-48 hours
Waking every 4 hours is more for parents peace of mind
Medical clearance before driving
Continue to monitor symptoms, even once they settle

After a concussion, take it easy to start, then gradually get more active.
Use the QR codes for at home tips



AT HOME GUIDE CONCUSSION INFORMATION POSTER



**SUPPORT YOUR CHILD AND
HOW TO EXPLAIN CONCUSSION TO KIDS**

Stages of concussion management

3 Stage Recovery and return to play

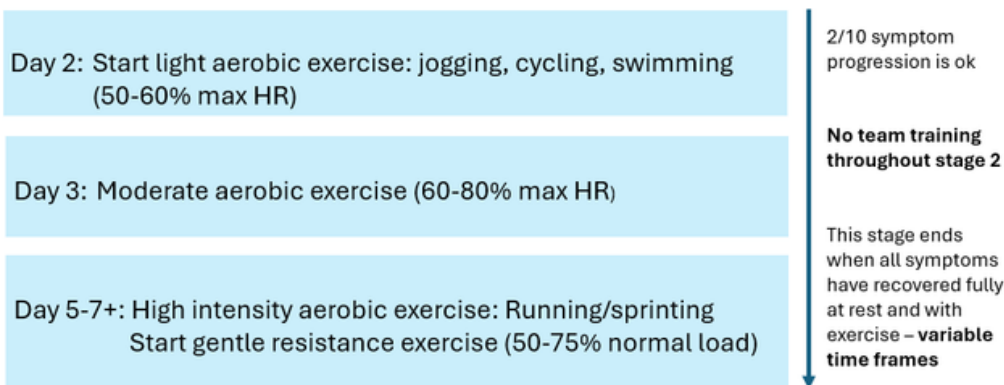
- **Relative rest** (first 48 hours)

This stage lasts for 24–48 hours. Take it easy. Players don't have to stay in bed – walking around is fine. Try gentle activities like reading or stretching. •Progression to stage 2 is okay even with symptoms

- **Recovery - Return to learning/activity** (48 hours to 7 days)

The priority for players is to successfully return to school/learning before returning to sport
Factors to consider with return to school/learning - Partial school days - Frequent rest breaks - Limit prolonged use of electronic devices - Consider noise and light in the classroom - Physical adjustments to decrease risk of falls or collisions (i.e PE classes and lunch time games) - Extra time to complete assignments or homework

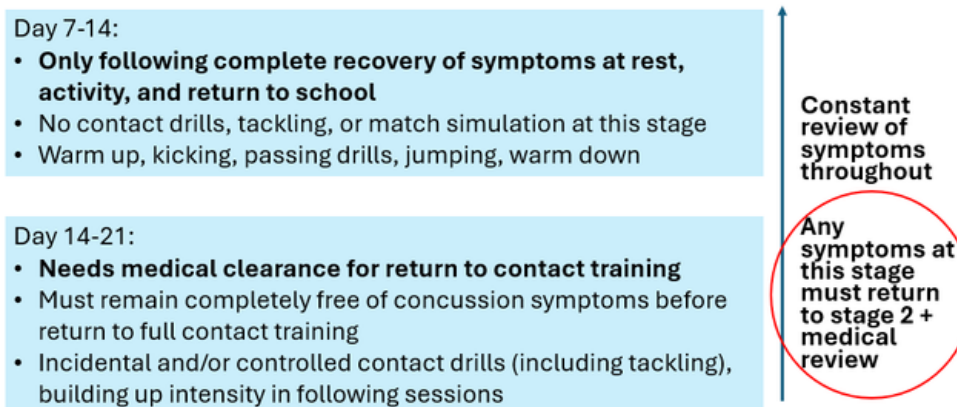
Mild symptoms exacerbation is okay but should not increase more than 2 points on a 0-10 scale from baseline and last longer than an hour



- **Graded learning** (day 7-21)

This is where players start training again, working up slowly from just joining the warm-ups to non-contact drills and then to limited contact training. Players have to remain totally symptom-free in this stage. Then it's time to see a GP for medical clearance so they can get back to full-contact training and playing again. It takes at least two weeks to go through this stage, with at least a day's break between sessions.

Remember, return to play is different for everyone, and it takes at least three weeks to progress through the different stages.



FOR MORE INFORMATION



EASY TO VIEW
RETURN TO PLAY POSTER

Stages of concussion management

Medical Clearance

- 21 days minimum: Is a guideline, not a target.
- Day "0" is the day the concussion occurred. i.e concussion on Sunday will miss the next two Sunday matches and can return on the third Sunday
- Your child needs medical clearance before returning to contact training, not just returning to play
- Check that your child is confident in their ability to play and continue to monitor them in subsequent games/trainings
- This form MUST be completed by your doctor to return to contact training/play.
- **We will not accept a general doctors certificate.**

MEDICAL CLEARANCE RETURN TO PLAY FORM



PLAYER DETAILS	NAME
D.O.B. / /	CLUB

The player (or parent/guardian on behalf of their child) must complete this declaration and take the form to a doctor for a medical clearance. The player can only return to full-contact training or playing Australian Football once they have been cleared. The player (or parent/guardian) must return the completed and signed form to the club, who may keep a copy and provide it to the league, if requested.

PLAYER DECLARATION	
I (or my child, if applicable) sustained a concussion on / /	
I (or my child, if applicable) have successfully returned to school/study/work without any issues.	PLAYER SIGNATURE
I (or my child) have progressed through all of the stages of the AFL Graded Return to Play (Stage 1: Relative Rest, Stage 2: Recovery and Stage 3: Graded Loading Program) and have had no symptoms since entering the Graded Loading Program.	Or parent/guardian if player 18 or under
	DATE / /

MEDICAL PRACTITIONER DECLARATION		
I assessed (player) on / /		
Based on the information provided to me, and my clinical assessment, I can confirm that the player has recovered from their concussion (including full resolution of concussion-related symptoms and signs, return to work/study) and has completed a graded loading program without any recurrence of symptoms or signs.		
I understand that the earliest that a player can return to play (following successful completion of a graded loading program and with medical clearance) is on the 21st day after a concussion, where the day of concussion is designated day "0".		
I understand that a more conservative approach and specialist review may be required in the following:		
• A second concussion within the same season (or three concussions within the previous 12 months), • An apparent lower or reducing threshold for concussion (whereby the player appears to sustain a concussion or increasing symptoms with reduced force of head impact), • Failure to progress through their return-to-play program due to a recurrence or persistence of symptoms, or • Self-reported concerns with brain function.		
In my opinion, the player is now medically fit to return to full-contact training.		
If they complete full-contact training without any issues or concussion symptoms, they can return to playing Australian Football.		
DOCTOR NAME	SIGNATURE 	
PROVIDER #		
	DATE / /	



MEDICAL CLEARANCE FORM

Where to get help

Emergency

- In an emergency, dial **000** for an ambulance
- Nearest hospitals with Emergency Departments:

Casey Hospital

Address: 62-70 Kangan Dr, Berwick **Phone:** 8768-1200

Dandenong Hospital

Address: 135 David St, Dandenong **Phone:** 9554-8307

Monash Children's Hospital

Address: 246 Clayton Rd, Clayton **Phone:** 8572-3000

Frankston Hospital

Address: 2 Hastings Rd, Frankston **Phone:** 9784-7777

Peninsula Private Hospital

Address: 525 McClelland Dr, Frankston **Phone:** 9788-3466

Rosebud Hospital

Address: 1527 Point Nepean Rd, Capel Sound **Phone:** 5986-0666

- Vic Gov Priority Primary Care Centres/Urgent Care Clinics

Narre Warren Medicare Urgent Care Clinic (Narregate)

Address: 60 Victor Cres, Narre Warren **Phone:** 9771 2020 **Hours** 8am-10pm

Frankston Medicare Urgent Care Clinic

Address: Shop 1-3, 49 Beach Street Frankston **Phone:** 9119-1077 **Hours** 8am-10pm



Concussion assessments



TRIDENT
MEDICAL CENTRE

44 Rix Road, Officer
8828-8333

- Open until 5pm Sundays & 10pm weeknights.
- Accepts appointments and walk ins.
- Bulk Billing for players under 16.
- If suspected concussion and you haven't been to a doctor, we recommend you skip the first training session and have the assessment conducted at Trident Medical Centre

The role of physiotherapy in concussion management



Baseline testing in the community can be useful but not always needed. Takes everything from head injury assessment and adds further components - explain-
useful to help GPs guide medical clearance due to time constraints.

Essentially what is done during a head injury assessment in the AFL

Education and guide RTP as there can be lots of questions and uncertainty with these injuries

Rehab, strengthening, and pain reduction immediately following concussion for neck pain or headaches*

Baseline screening

- History of head injuries
- Symptom evaluation from baseline and throughout rehab
- Cognitive testing
- Cervical spine assessment
- Neurological examination
- Balance assessment
- Vestibular/ocular motor screening
- Anxiety, depression, and sleep screening

Guide return to
play protocol

Pain reduction

Rehabilitation
post injury

Education



26/445 Princes
Hwy, Officer
8578-6544

Allied Health Services	Wellness Services
Exercise Physiology	Colonic Hydrotherapy
Exercise Science	Floatation Therapy
Dietitian	Infrared Sauna
Myotherapy	Reflexology
Physiotherapy	Remedial Massage



YOURBODYHUB.COM.AU

INFORMATION/GUIDES - [PLAY.AFL/CONCUSSION](#)

[PLAY.AFL/CONCUSSION/RESOURCES/MATCH-DAY-GUIDE#ARTICLE-0](#)

Match day guide for first aiders

[PLAY.AFL/CONCUSSION/RESOURCES/SIGNS-AND-SYMPTOMS](#)

Knowing how to spot a potential concussion could be a game-changer. Learn more about the signs and symptoms to keep yourself, your teammates and all players safe.

[PLAY.AFL/CONCUSSION/RESOURCES/AT-HOME-GUIDE](#)

Essential At Home Guide for Concussion for guidance on the steps to take for a safe return to play.

[HEADCHECK.COM.AU/RESOURCES-FAQS/](#)

Headcheck app HeadCheck is an evidence-based app to help identify concussion signs and manage recovery

[PLAY.AFL/CONCUSSION/RESOURCES/MANAGEMENT-SPORT-RELATED-CONCUSSION-AUSTRALIAN-FOOTBALL#ARTICLE-0](#)

Explore the detailed guidelines on managing sport related concussion in Australian Football with a special supplement for the management of concussion in children and adolescents. The March 2024 version of the Guidelines is the current applicable version for managing sport related concussion in Australian Football.

[PLAY.AFL/CONCUSSION/RESOURCES/CONCUSSION-MANAGEMENT-WEBINAR#ARTICLE-0](#)

30 minute webinar for anyone keen to build their understanding of concussion, watch the AFL webinar Practical Guide to Concussion Management. The more people who can spot and manage concussions, the safer we all are.

ASSESSMENT TOOLS

[PLAY.AFL/CONCUSSION/RESOURCES/CRT6#ARTICLE-0](#)

Concussion Recognition Tool 6 is to be used by non-medically trained individuals (FIRST AIDERS) to identify and immediately manage suspected concussion. It is not designed to diagnose concussion.

[PLAY.AFL/CONCUSSION/RESOURCES/MATCH-DAY-INJURY-ASSESSMENT-12-UNDER](#)

MATCH DAY FORM - to be completed by the First Aider and the Player, and the parent when a concussion or suspected concussion occurs in a player aged 8-12 years. This form must be taken to a doctor

[PLAY.AFL/CONCUSSION/RESOURCES/MATCH-DAY-INJURY-ASSESSMENT-13-PLUS](#)

MATCH DAY FORM - To be completed by the First Aider and the Player when a concussion or suspected concussion occurs in a player aged 13 and over. This form must be taken to a doctor

[PLAY.AFL/CONCUSSION/RESOURCES/CHILD-SCAT6](#)

The Child SCAT6 is a standardised tool for evaluating concussions in children ages 8-12 years, designed for use by Health Care Professionals. Doctor to complete

[PLAY.AFL/CONCUSSION/RESOURCES/SCAT6](#)

The SCAT6 is a standardised tool for evaluating concussions for ages 13 and above, designed for use by Health Care Professionals. Doctor to complete.

[PLAY.AFL/CONCUSSION/RESOURCES/MEDICAL-CLEARANCE-FORM](#)

This form must be completed by a doctor when the doctor declares the player fit to play, whether that be advising no concussion diagnosed within 48 hours or able to return to contact training and games