

Information Sheet for Athletes with Recent Injury to the Head

Date: _____

Time of Injury: _____

Today _____ received a blow to the head and may have sustained a head injury. I have advised him / her to:

Any athlete suspected of having a concussion should be removed from play, and then seek medical evaluation.

Signs to watch for

Problems could arise over the first 24 – 48 hours. The athlete should not be left alone and must go to a hospital at once if they:

- Have a headache that gets worse
- Are very drowsy or can't be awakened
- Can't recognize people or places
- Have repeated vomiting
- Behave unusually or seem confused; are very irritable
- Have seizures (arms and legs jerk uncontrollably)
- Have weak or numb arms or legs
- Are unsteady on their feet; have slurred speech

Remember, it is better to be safe.

Consult your doctor after a suspected concussion.

1. Have someone check on you at regular intervals over the next 12 hours to check if any of the symptoms listed above have developed
2. For the next 48 hours:
 - Rest (physically and mentally), including training or playing sports until symptoms resolve and you are medically cleared
 - No alcohol
 - No prescription or non-prescription drugs without medical supervision.
Specifically:
 - No sleeping tablets
 - Do not use aspirin, anti-inflammatory medication or sedating pain killers
 - Do not drive until medically cleared

3. Do not return to any form of exercise until medical clearance has been received

Sports Trainer: _____

Level 1 ☐

Level 2 ☐

Signature: _____

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.

MEDICAL CLEARANCE FORM



RETURN TO PLAY CLEARANCE FORM

PLAYER DETAILS

Player: Club: Happy Valley Football 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.

