

# Concussion Management Check List – Club/Team

If a player at your Club has been injured and **suffered a potential head injury or concussion**, they **MUST** follow the information detailed in IHNSW Concussion Management Procedure.

All players who suffer a suspected concussion are to seek the highest level of medical care reasonably available to ensure it is managed appropriately.

If diagnosed/confirmed by a medical professional as having suffered a concussion, the minimum time frames for returning to play/train are:

- Adults over the age of 19 - the minimum timeframe before return to play is **12 days**.
- Children and Adolescents aged 18 and under – the minimum timeframe before return to play is **19 days**.

The check list actions outlined below are provided to assist the club in meeting their obligations and requirements relating to the IHNSW Concussion Management Procedure.

STEP	ACTION	COMPLETE
1	<b>Record</b>	
	Ensure injury is noted on Official Scoresheet.	<input type="checkbox"/>
	Notify the IHNSW Executive Officer of a potential head injury or concussion occurrence via the online form at <a href="http://www.ihnsw.com.au/concussion">www.ihnsw.com.au/concussion</a>	<input type="checkbox"/>
	Concussion coordinator to keep record of incident	<input type="checkbox"/>
2	<b>Record &amp; Refer</b>	
	Complete Section 1 of Concussion Referral and Return Form.	<input type="checkbox"/>
	Provide Referral and Return Form along with Head Injury Fact Sheet to player.	<input type="checkbox"/>
	Remind player they must be referred to a medical doctor within 24-48 hours of suspected injury where possible or as soon as practical afterwards - or if experiencing any Red Flag symptoms, immediately attend the nearest Emergency Hospital, or ring 000 for an Ambulance.	<input type="checkbox"/>
3	<b>Rest &amp; Recover</b>	
	Confirm player has been assessed by a medical doctor and can progress through Graduated Return to Play Protocol	<input type="checkbox"/>
	<b>NOTE:</b> The minimum time between stages is 24 hours, although children and adolescents may require a longer period of time between stages.	
4	<b>Return to Full Contact Training &amp; Play</b>	
	Ensure Section 3 of Referral and Return Form is completed	<input type="checkbox"/>
	Submit completed Referral and Return form to IHNSW Executive Officer via the online form at <a href="http://www.ihnsw.com.au/concussion">www.ihnsw.com.au/concussion</a> as evidence to approve a return to full contact training and play	<input type="checkbox"/>
	<b>NOTE:</b> Failure to complete any section of this form will result in the player being excluded from full contact and training	