

Concussion Management Check List – Player

As a player that has been injured and has **suffered a potential head injury or concussion**, you **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 player in meeting their obligations and requirements relating to the IHNSW Concussion Management Procedure.

STEP	ACTION	COMPLETE
1	Record	
	Receive and read IHNSW Head Injury Fact Sheet	<input type="checkbox"/>
	Receive and read IHNSW Concussion Referral and Return Form	<input type="checkbox"/>
	Ensure Section 1 of IHNSW Concussion Referral and Return Form has been completed	<input type="checkbox"/>
2	Refer	
	Present yourself to a medical doctor for assessment within 72 hours of injury	<input type="checkbox"/>
	Ensure the medical doctor completes Section 2 IHNSW Concussion Referral and Return form	<input type="checkbox"/>
3	Rest, Recover, Return to Exercise & Training	
	Ensure you completely rest for a minimum of 24 hours after injury	<input type="checkbox"/>
	Follow the advice from medical doctor relating to your injury	<input type="checkbox"/>
	Progress through Stages 1-4 of Graduated Return to Play program	<input type="checkbox"/>
	NOTE: The minimum time between stages is 24 hours. Although children and adolescents may require a longer period of time between stages	
4	Return to Full Contact Training & Play	
	Obtain clearance from the medical doctor and ensure Section 3 of the IHNSW Concussion Referral and Return Form is completed	<input type="checkbox"/>
	Submit completed IHNSW Concussion Referral and Return Form to the Club Concussion Coordinator as evidence to approve a return to full contact training and play	<input type="checkbox"/>
	NOTE: Failure to complete any section of this form will result in the player being excluded from full contact and training	