

# 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 the AIS Concussion in Sport protocols.

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 frame for return to play/train are **14 days**.

The check list actions outlined below are provided to assist the player in meeting their obligations and requirements relating to the AIS Concussion in Sport protocols.

STEP	ACTION	COMPLETE
1	<b>Record</b>	
	Receive and read the IHNSW Head Injury Fact Sheet	<input type="checkbox"/>
	Receive and read the 37382_Concussion-referral-and-clearance-form-FA-acc form	<input type="checkbox"/>
	Ensure Section 1 of the 37382_Concussion-referral-and-clearance-form-FA-acc has been completed	<input type="checkbox"/>
2	<b>Refer</b>	
	Present yourself to a medical doctor for assessment within 72 hours of injury	<input type="checkbox"/>
	Ensure the medical doctor completes Section 2 of the 37382_Concussion-referral-and-clearance-form-FA-acc form.	<input type="checkbox"/>
3	<b>Rest, Recover, Return to Exercise &amp; Training</b>	
	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 the stages of the <b>Graded Return To Sport Framework</b>	<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>	
	Obtain clearance from the medical doctor and ensure Section 3 of the 37382_Concussion-referral-and-clearance-form-FA-acc has been completed	<input type="checkbox"/>
	Submit completed 37382_Concussion-referral-and-clearance-form-FA-acc form to the Club Concussion Coordinator 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	