



Concussion Management & Rehabilitation

Using the AFL guidelines, any player who has suffered a concussion or is suspected of having a concussion must be medically assessed as soon as possible.

[Watch the concussion management video from the AFL here](#)

[Read the Community Footy Concussion FAQs here](#)

The AFL-approved concussion management app HeadCheck should be utilised to recognise and assist in the management of any suspected concussion for players, further details below.

All concussed athletes should be considered to have a neck injury until medically cleared.

We have included some places where you can go for further help specific to concussion, on page two of this document.

It is important to note, however, that brief sideline evaluation tools (such as HeadCheck or the CRT5) are designed to help identify a suspected concussion. They are not meant to replace a more comprehensive medical assessment and should never be used as a stand-alone tool for the management of concussion.

HeadCheck App

The HeadCheck Concussion App for both children and adults has been developed to help Trainers, Coaches or Parents/Guardians to recognise the symptoms of a suspected concussion and its severity. The HeadCheck App guides non-medical users through a series of concise questions and observations to quickly identify whether a child's head injury requires an ambulance, hospital, or a GP visit.

The App also assists Parents/Guardians in managing their child's recovery program based on the symptoms displayed as well as guide the Parents/Guardians on their child's safe return to school, training and games.

The App can be downloaded for free via the following links:

- [iPhone users](#)
- [Andriod users](#)



Return to Play Checklist and Clearance Forms

Any player who has suffered a concussion or is suspected of having a concussion must be medically assessed as soon as possible. Please use the checklist and clearance forms linked below.

The return to play clearance form is to be completed and signed off by a registered medical doctor, and the player only returning to play after at least 12 days since the concussion, with full recovery. Recovery means that all concussion-related symptoms and signs have fully resolved (for at least 24 hours) at rest and with activities of daily living, and they have successfully returned to work or school, without restrictions.

A copy of the signed form needs to be returned to the player's footy coach and a copy given to the player's team medic.

[Click here to view the Return to Play Checklist form](#)

[Click here to view the Return to Play Clearance form](#)

For Further Help

Advanced Neuro Rehab – based at Hyde Park and Royston Park, are specialists in concussion recovery. [Read more here about Advanced Neuro Rehab](#). No referral required.

Women's & Children's Hospital Child and Adolescent Brain Injury Rehabilitation Service ('CABIRS'). Their services are available through a referral from your GP. [Read more details and find CABIRS referral form here](#)

Sports & Arthritis Clinic (SPARC): <https://www.sparc.com.au/specialty-services/concussion-assessment>.

They have a Saturday clinic with \$50 maximum gap

Adelaide Concussion Clinic <https://www.adelaideconcussionclinic.com.au/>

Very thorough service