



Ocean Grove Cobras Junior Football Club

CONCUSSION PROTOCOL

April 2024

PURPOSE & COMMITMENT

The Ocean Grove Cobras Junior Football Club holds safety of our players as our highest priority. The purpose of this policy is to ensure appropriate action is taken following a head knock or suspected concussion, in accordance with the AFL Community Concussion Guidelines – ensuring our club provides a safe football experience for our players.

The AFL Community Concussion Guidelines can be found here:

[The Management of Sport-Related Concussion in Australian Football](#)

PROTOCOL

Australian rules football community competitions at all ages have adopted a mandatory minimum 21-day return to play protocol.

Under the new community guidelines, **the earliest a player can return to play after a concussion is on the 21st day after the day on which the concussion was sustained** and provided that the player has safely progressed through each phase of the return-to-play program.

Practically, the guidance on how this will be managed by OGCJFC will be as follows:

- Any player who has received (or suspected to have received) a head knock during game day or training will be assessed by a first aider.
- The first aider will make a conservative assessment as to that players ability to safely return to the game/training.
- Whilst first aiders are typically not qualified to diagnose concussion, there are obvious signs which may require immediate medical assessment this will be managed accordingly in consultation with parents/guardians.
- Should the player not be considered requiring immediate medical assessment, but not considered suitable to return to the game or training, parents/guardians will be advised.
- In all situations where a player is unable to complete the game or training given a potential head knock, a medical clearance certificate will be required for the player to return to training or game play in accordance with return to play protocols.
- Return to play protocols also applies for concussion diagnoses which may have occurred separately to (or post) football and it is the obligation of parents/guardians to inform OGCJFC.

We acknowledge that these new guidelines may receive some resistance from the player and/or parents/guardians (especially given the potential requirement for medical assessment for uncertainties), however our approach to player safety from a potential head injury is – ‘if in doubt, sit them out’.

CONCUSSION OFFICER

The purpose of this role is to provide a single point of contact and to help coordinate matters related to concussion, such as communication of activity restrictions and progress through the graded return to play process. Parents/guardians are encouraged to contact our concussion officer with any questions or concerns.

Concussion Officer: Aaron White – Ph. 0402 464 082. Email concussion@oceangrovecobras.com.au