

# COMMUNITY FOOTBALL HEAD INJURY ASSESSMENT



## A. GENERAL INFORMATION

Player Name:  Club:

Examiner Name:  Date:

Quarter:  Approximate Time in Quarter:

## B. STRUCTURAL HEAD OR NECK INJURY

1. Are there clinical features of a serious or structural head and/or neck injury requiring urgent and emergency hospital transfer?<sup>1</sup>  Yes  No

## C. REMOVAL FROM PLAY

The player **must** be removed from play with **any** of the following clinical features<sup>2</sup> observed directly, reported by others or from video review (if available):

	Observed Directly	YES Reported	Video Review	NO
2. Loss of consciousness or prolonged immobility (> 2 seconds)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. No protective action in fall to ground (not bracing for impact)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Impact seizure (stiffening arms or legs on impact)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Balance disturbance (loss of control over movements)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Dazed, blank/vacant stare or not their normal selves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Unusual behaviour change for the player	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Confusion or disorientation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Memory impairment (e.g. fails Maddocks questions <sup>1</sup> )	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Player reports concussion symptoms <sup>1</sup>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<sup>1</sup> Refer to the AFL Concussion Management Guidelines available on the AFL Community website: <http://www.aflcommunityclub.com.au/>.

<sup>2</sup> Example videos of each clinical feature are available on the AFL Community website.

## D. OUTCOME AND ACTION

If 'Yes' is selected for question 1, it requires an ambulance to be called for immediate transfer to hospital

If 'Yes' is selected for questions 2-9, it requires immediate removal from play and medical assessment<sup>3</sup>

If 'No' is selected for questions 1-10, no criteria for removal from play for concussion<sup>4</sup>

<sup>3</sup> A player who is removed from play for concussion or possible concussion must not return to play until cleared by a doctor.

<sup>4</sup> A player cleared to play requires regular checks at least every 30 minutes and removal from play with any deterioration.

## E. SIGNATURE OF EXAMINER

Signed:  Date:  Time completed:

## F. MEDICAL CLEARANCE – TO BE COMPLETED BY A MEDICAL PRACTITIONER

I have examined:  following the above head injury and declared him/her medically fit<sup>5</sup> to train and play.

Practitioner Name:  Medical Practice Stamp:

Signed:

Date:

<sup>5</sup> Please refer to the medical check list over the page when assessing the player and determining his medical fitness to train and play.



## NOTES FOR THE EXAMINING MEDICAL PRACTITIONER

Please refer to the AFL Concussion Management Guidelines available via the following website:  
<http://www.aflcommunityclub.com.au/>

A concussed footballer requires a medical clearance to return to training or competition.

In accordance with the current Concussion Guidelines, there is no mandatory period of time that an Australian Football player must be withheld from play following a concussion. The duration of exclusion from play is based on an individual's recovery as managed by a medical practitioner. It would not be unreasonable to clear the player to return to structured training with a second consultation to clear the player for full training/match play.

The minimum standard is that a player must be symptom free at rest and with exertion, determined to have returned to baseline level of cognitive performance, and is confident and comfortable to return to play.

Screening computerised cognitive tests provide a practical method for the assessment of cognitive recovery. A number of screening computerised cognitive test batteries have been validated for use following concussion in sport and are readily available (e.g. CogState Sport, ImPACT). Conventional imaging (e.g. CT or MRI) should be considered in cases where there is concern regarding an underlying structural injury.

The following is a guide to the medical examination of a concussed player:

- Are there any neurological symptoms on questioning or signs on examination?
- Is the player experiencing ongoing symptoms suggestive of concussion?
- Does the player experience concussion type symptoms when undertaking physical activity?
- Has the player not returned to their usual work or education?

If the answer to any of the above questions is 'Yes', the player requires further observation or a referral for specialist assessment.

If the player clears the above tests, ensure as per the AFL Community Concussion Guidelines the player complies with a graduated return to train and play protocol, with instructions for further medical assessment if the symptoms return.

Difficult or complicated cases (e.g. prolonged recovery or recurrent concussion) should be referred to a clinician or neurologist with expertise in concussion.