



CONCUSSION POLICY

(Aligned with QAFL & AFL Community Football Guidelines)

1. Purpose

The purpose of this policy is to protect the health and safety of all players participating in the Mount Isa AFL competition by ensuring the proper identification, management, and safe return to play following a concussion. This policy aligns with the standards set by the Queensland Australian Football League and AFL community football guidelines.

2. Scope

This policy applies to all participants involved in the Mount Isa AFL competition, including male and female players, coaches, trainers, umpires, officials, and match day personnel. All parties share responsibility for recognising and managing concussion appropriately.

3. Definition of Concussion

A concussion is a type of brain injury caused by a blow to the head or body that results in rapid movement of the brain inside the skull. It may occur with or without loss of consciousness and can present with a range of symptoms such as headache, dizziness, confusion, nausea, blurred vision, sensitivity to light or noise, and balance issues. All suspected concussions must be treated seriously.

4. Recognition and Immediate Action

Any player suspected of sustaining a concussion must be immediately removed from play. If there is any doubt, the player must not continue participating in the match. Under no

circumstances should a player return to the field on the same day as a suspected concussion. Umpires have the authority to stop play if they believe a player may be concussed, and all officials must support the immediate removal of the player for assessment.

5. Medical Assessment

Following removal from play, the player should be assessed by a qualified sports trainer or medical professional, with a doctor being the preferred option. Players must not return to training or matches until they have received formal medical clearance confirming they are fit to resume activity.

6. Return to Play Protocol

Players diagnosed with concussion must follow a minimum 12-day graduated return-to-play protocol in line with AFL and QAFL community football guidelines. This process involves a step-by-step progression from complete rest to light aerobic exercise, then sport-specific non-contact training, followed by non-contact drills, full-contact training with medical clearance, and finally a return to match play. Players must remain symptom-free at each stage before progressing to the next step.

7. Responsibilities

All participants have a duty of care in managing concussion. Players must report symptoms honestly and comply with medical advice. Coaches must prioritise player welfare over competition outcomes and ensure players follow the correct procedures. Clubs are responsible for providing appropriate first aid support, maintaining accurate concussion records, and ensuring compliance with this policy. Umpires are responsible for monitoring player safety during matches and assisting in the identification and removal of players suspected of concussion.

8. Education and Awareness

The league is committed to promoting concussion awareness and education in line with AFL and QAFL resources. Clubs are encouraged to educate players, parents, and officials on the risks, symptoms, and management of concussion to ensure a safe playing environment.

9. Record Keeping

All concussion incidents must be formally recorded by the club. Records should include player details, the date of the incident, symptoms observed, and medical clearance documentation. These records must be retained and made available to the league if required.

10. Non-Compliance

Failure to comply with this policy may result in disciplinary action, including player ineligibility, club sanctions, or further penalties as determined by the league. The safety of players is the highest priority and breaches of this policy will be taken seriously.

11. Policy Review

This policy will be reviewed annually to ensure it remains consistent with current medical advice and the guidelines set by the QAFL and AFL.