



Keilor Park Football Club Inc.

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Keilor Park Football Club - Concussion Management Policy

1. Policy Objective

Keilor Park Football Club (KPFC) adopts a **zero-tolerance approach to the management of concussion**, with the health and safety of participants paramount at all times. This policy applies to all football activities conducted under the governance of the **Essendon District Football League (EDFL)** and is aligned with:

- **AFL Community Concussion Guidelines**
 - **EDFL Football Operations Manual**
 - **EDFL Sports Trainers in Community Australian Football Policy**
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2. Scope of Application

This policy applies to **all Players**, Coaches, Team Managers, Sports Trainers, First Aiders and Officials involved in KPFC activities, including:

- Junior, Youth and Senior Competitions
- Matches, training sessions and sanctioned practice matches
- Home and Away fixtures

There are **no exemptions** based on age, grade, finals participation or competition timing.

3. Recognition and Removal

In accordance with EDFL and AFL requirements:

- Any **Player who sustains a Head Impact Event and displays or reports signs or symptoms of concussion** must be **immediately removed from the Match or Training Session**.
- If **concussion is suspected**, the Player **must not return to play or training on the same day**.
- The decision to remove a Player is made by the **Sports Trainer** and **cannot be overruled by coaching staff**.

“If in doubt, sit them out.”



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4. Medical Referral and Documentation

- Any Player with a **suspected or confirmed concussion must be referred to a Registered Medical Practitioner (Doctor)** for assessment within 48 hours of the incident. Failing to seek medical assessment, the 21 day concussion Return-to-Play will be implemented.
 - Where required, a **Match Day Head Injury/Referral Form** or equivalent AFL-approved documentation must be completed and retained by the Club.
 - Red-flag symptoms require **urgent hospital referral** in accordance with AFL Emergency Response protocols.
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5. Unconscious or Stretched Players

- Any Player who is **unconscious**, or **removed from the Playing Surface by stretcher**, will take **no further part in the Match**.
 - Clearance procedures outlined in this policy must still be followed prior to any return to football activity.
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6. Return to Play (RTP) Requirements

In alignment with **EDFL-adopted AFL Community Concussion Guidelines**:

- A Player diagnosed with concussion **must follow a graded Return-to-Play program**.
- **The minimum Return-to-Play timeframe is 21 days**, with the day of injury designated as **Day 0**.
- A Player **must not return to full contact training or Match Play without written Medical Clearance from a Doctor**.
- Medical Clearance must be **sighted and recorded by the Club** prior to Player participation.

Players Under 18 years must be managed more conservatively and **may require longer than 21 days** before returning to play.



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7. Match Day Medical Coverage

KPFC will meet or exceed the **minimum injury management requirements** prescribed by the EDFL:

- **Auskick:**
 - Accredited **First Aider**
 - **Junior and Senior Matches:**
 - Accredited **Level 1 Sports Trainer** present
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8. Education and Resources

- All Coaches, Team Managers and Sports Trainers will be provided access to:
 - **AFL Concussion Recognition Tool (current version)**
 - AFL Head Injury and Concussion education resources
 - KPFC strongly encourages the use of AFL-approved reporting tools and education modules.
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9. Compliance and Enforcement

Failure to comply with this policy may constitute a **breach of EDFL regulations** and may expose individual officials and the Club to disciplinary action under the **EDFL Football Operations Manual**.

This policy is **mandatory** and **enforceable** at all times.

10. Policy Review

This policy will be reviewed **annually** or earlier if required to ensure continued compliance with:

- EDFL Operations Manual updates
- AFL Community Concussion Guideline amendments
- Relevant medical best-practice developments