



Concussion Policy – June 2025

Purpose

The welfare of our players is the Club's priority. The Club aims to minimise the risk of short or long-term effects for any player suffering a concussion or suspected concussion while playing or training, or as part of any other Club activity.

Background

AFL football is an activity with an inherent risk of injury, including concussion. It is important that all players, parents/guardians and Club officials are educated about the symptoms of concussion and the importance of acting upon them. Concussion has the potential to cause significant short and/or long-term health impacts and it is therefore critical that it is managed appropriately in all instances. NJFC endorses a precautionary approach to the management of concussion or suspected concussion, placing player wellbeing before team performance and game day activity in all circumstances.

THE AFL has released updated guidelines (2024) on the Management of Sport-Related Concussion in Australian Football at all levels of the game outside AFL and AFLW/ NJFC officials and parents are required to follow these guidelines (in conjunction with the YJFL concussion Protocol) when managing players with concussion or suspected concussion.

AFL Guidelines: [The Management of Sport-Related Concussion in Australian Football \(2024\)](#)

YJFL Concussion protocol: <https://www.yarrajfl.org.au/managing-head-injuries>

The detailed guidelines include a section on the management of concussion in children and adolescents. In general, children and adolescents (aged 5-18) require a modified approach to the management of concussion as their brains are developing, and they need to continue learning and acquiring knowledge. As such, the priority is not just player welfare and return to sport, but a critical element is return to school and learning.

Under the new community guidelines, the earliest that 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. The player must have medical assessment prior to being cleared to return to full contact training with the group and then a further medical assessment before being cleared to return to play.

Tools such as the Concussion Recognition Tool 6th edition (CRT6) and the HeadCheck App can be used to help identify a suspected concussion:

CRT6: <https://bjsm.bmj.com/content/bjsports/57/11/692.full.pdf>

HeadCheck App: <https://www.headcheck.com.au/>

Below is a list of Sport and Exercise Medical clinics that can undertake concussion testing:

Alphington Sports Medicine: <https://www.alphingtonsportsmed.com.au/>

Olympic Park Sports Medicine: <https://www.opsmc.com.au/>

Last updated: June 2025

This version supersedes the former version of this policy/code of conduct dated 2020.