



ATTADALE BOMBERS

ATTADALE JUNIOR FOOTBALL CLUB

CONCUSSION INJURY ADVICE

(To be given to the person monitoring the concussed athlete)

- Your child has received an injury to the head and is suspected of having a concussion.
- **They need to be assessed by a medical professional to make a formal diagnosis and provide ongoing management.**
- While many sports physios are excellent at diagnosing and managing concussion, the AFL requires an assessment and a clearance certificate to be provided by a doctor.
- Please let your team manager know the outcome of any medical assessments so they can forward the relative documentation to the WAFC.

If you notice any change in behaviour, vomiting, worsening headache, double vision or excessive drowsiness, please telephone your doctor or present to the nearest hospital emergency department immediately.

Other important points:

- Initial rest is required: Limit physical activity to routine daily activities (avoid exercise, training, sports) and limit activities such as school, work, and screen time.

Depending on the suspected severity of the concussion possible places for medical assessment are:

- Fiona Stanley Hospital ED, 11 Robin Warren Drive Murdoch
- St John of God Murdoch Ed, Barry Marshall Pde Murdoch 9438 9000
- St Johns Urgent Care Cockburn (staffed by GPs), 816 Beeliar Drive Success 6174 6000
- Reynolds Rd 7 Day Medical Centre, Level 1/39 Reynolds Rd, Mt Pleasant 9364 6633
- Some other GP practices may offer urgent after hours appointments

For Specialised Concussion Advice from a Sports Doctor

- Sports Med Subiaco - 9382 9600
- Perth Sports Medicine - Cockburn, Murdoch, Claremont - 9284 4511
- Sport Treat Bicton - Dr Peter Nathan – 9438 2400

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