

MEDICAL CLEARANCE FORM



RETURN TO PLAY CLEARANCE FORM:

PLAYER DETAILS

PLAYER NAME:

PLAYER DOB:

CLUB:

The player (or parent / guardian on behalf of their child) must complete the declaration and take the form to a medical doctor to receive medical clearance before returning to full contact training or playing Australian Football.

The player (or parent / guardian on behalf of their child) must return the completed and signed form to their club, who may retain a copy and provide it to the league if requested.

PLAYER DECLARATION

I (or my child if applicable) sustained a concussion on / /

I (or my child if applicable) have successfully returned to school/study/work (if applicable) without any issues.

I (or my child if applicable) have progressed through all of the stages of the AFL Concussion Management Protocol (i.e. 1. Relative Rest, 2. Recovery and 3. Graded Loading Program) and have had no symptoms since entering the Graded Loading Program.

PLAYER SIGNATURE:

DATE:

(or parent / guardian if Player 18 or under)

MEDICAL PRACTITIONER CERTIFICATION

I assessed (player) on / /

Based on the information provided to me, and my clinical assessment, I can confirm that the player has recovered from their concussion (including full resolution of concussion-related symptoms and signs, return to work/study) and has completed a graded loading program without any recurrence of symptoms or signs.

I understand that the earliest that a player can return to play (following successful completion of a graded loading program and with medical clearance) is on the 21st day after a concussion, where the day of concussion is designated day "0".

I understand that a more conservative approach and specialist review may be required in the following:

- i. A second concussion within the same season (or three concussions within the previous 12 months),
- ii. An apparent lower or reducing threshold for concussion (whereby the player appears to sustain a concussion or increasing symptoms with reduced force of head impact),
- iii. Failure to progress through their return-to-play program due to a recurrence or persistence of symptoms, or
- iv. Self-reported concerns with brain function.

In my opinion, the player is now medically fit to return to full contact training. If they complete full contact training without any issues or concussion symptoms they can return to playing Australian Football.

DOCTORS SIGNATURE:

DATE:

DOCTOR NAME:

PROVIDER #:

MEDICAL CLEARANCE FORM



PHASES OF RETURN TO PLAY FOLLOWING CONCUSSION:

STAGE 1: RELATIVE REST

ACTIVITY

Relative rest

Gentle day-to-day activities – as guided by symptoms.
Minimise screen time (TV, computer/homework/work, phone/social media and gaming)

DURATION

1-2 days

CRITERIA TO PROGRESS

Nothing specific - should progress after 1-2 days

STAGE 2: RECOVERY

ACTIVITY

i. Daily activities that do not provoke symptoms

Increase day-to-day activities - as guided by symptoms. Include short walks.

Limit screen time (TV, computer/homework/work, phone/social media and gaming) –duration depends on symptoms

No team training drills. No resistance training.

DURATION

Minimum

1 day

CRITERIA TO PROGRESS

Progress if concussion-related symptoms resolved or not worsened from their previous level (either during activity or by the next day)

ii. Light aerobic exercise

Start light activity e.g., walking, jogging or cycling at a slow to medium pace.

Aim for about 50-60% maximum heart rate (can carry a conversation when exercising)

No team training drills. No resistance training.

Minimum

1 day

Progress if concussion-related symptoms resolved or not worsened from their previous level (either during activity or by the next day)

iii. Moderate aerobic exercise

Start moderate aerobic exercise e.g., walking, jogging or cycling at a medium pace.

Aim for about 60-80% maximum heart rate.

May continue with moderate aerobic exercise over a number of days/ sessions if still has symptoms related to concussion.

No team training drills. No resistance training.

Minimum

2 days

Progress if concussion-related symptoms resolved or not worsened from their previous level (either during activity or by the next day)

iv. High intensity aerobic exercise

Start high-intensity aerobic exercise (e.g. running or cycling at high intensity)

Up to maximum heart rate. No team training drills.

Can commence gentle resistance training (50-75% of usual loads)

Minimum

2 days

Progress if

- a) **Complete recovery of all concussion- related symptoms and signs at rest and with high intensity training;**
- b) **Have returned to school or work (without any need for modifications);**

STAGE 3: GRADED LOADING PROGRAM

ACTIVITY

i. Non-contact training

Return to full team training sessions – non-contact activities only

Minimum of 2-3 training sessions with no consecutive days of football training (to allow for rest and recovery)

DURATION

Minimum

7 days

CRITERIA TO PROGRESS

Progress if remaining completely free of any concussion- related symptoms*

ii. Limited contact training

Full team training allowed –able to participate in drills with incidental and/ or controlled contact (including tackling)

No consecutive days of training (i.e. must have ‘non-contact activity’ days in between training sessions)

Minimum of 7 days to progress through graded contact training

Progress if:

- a) Remaining completely free of any concussion-related symptoms*
- b) Player is confident to return to full contact training
- c) **Player has medical clearance to return to full contact training**

iii. Full contact training

Progress if:

- a) Remaining completely free of any concussion-related symptoms*
- b) **Player is confident to return to play**