

**Football South Burnett CA - \_\_\_\_\_ Club**  
**Head Injury Referral Form**



Dear Doctor,

Thank you for assessing this player who has suffered a possible head injury event. Please would you be so kind as to assess them for concussion and advise them on their need for further assessment, or on their return to play.

**(P.T.O. for Return to Play Program from FFA Guidelines).**

Player name: \_\_\_\_\_ DOB: \_\_\_\_\_

Event date: \_\_\_\_\_ Time: \_\_\_\_\_

What happened: \_\_\_\_\_

Previous known head injury events: \_\_\_\_\_

Player exhibited:

- |   |  |
|---|--|
| <input type="checkbox"/> Loss of consciousness for _____ secs/mins  | <input type="checkbox"/> Headache and dizziness              |
| <input type="checkbox"/> Lay motionless on ground/slow to get up  | <input type="checkbox"/> Unsteady on feet / balance problems |
| <input type="checkbox"/> Dazed / blank / vacant expression  | <input type="checkbox"/> Impact seizure / convulsion         |
| <input type="checkbox"/> Behavioural changes: (inappropriate emotions / irritability / feeling nervous or anxious)                |  |
| <input type="checkbox"/> Cognitive impairment: (not aware of score / location / loss of memory of events up to &/or after impact) |  |
| <input type="checkbox"/> Other: _____   |  |

The following extract is from the Football Federation Australia (FFA) Concussion Guidelines:

**“6. MEDICAL ASSESSMENT**

A qualified Medical Practitioner should:

- a) Diagnose whether a concussion has occurred – based on clinical judgement;
- b) Evaluate the injured player for concussion using SCAT 3 (or Child – SCAT 3) or similar tool
- c) Advise the player as to medical management;
- d) Advise the player as to when it is appropriate to begin a **Graduated Return to Play Program** (PTO for RTP Program)
- e) Clear the player to return to play following the graduated RTP program

**7. RETURN TO PLAY**

Following clearance from a qualified Medical Practitioner for the player to return to play, the player should progress through a **Graduated Return To Play Program**. In all cases, the **Graduated Return To Play Program** provides for a minimum of 6 days before the player can play a competitive game.”

First Aider's Signature: \_\_\_\_\_

First Aider's Name: \_\_\_\_\_

Contact Telephone No: \_\_\_\_\_

## Graduated Return to Play Program (RTP Program)

| Rehabilitation Level  | Functional exercise at each stage of rehabilitation  | Objective of each stage   |
|---|--|---|
| <b>Level 1</b><br><br><b>No activity, minimum 24 hours following the injury where managed by a medical practitioner, otherwise minimum 14 days following the injury</b> | Complete physical and cognitive rest without symptoms. Only proceed to level 2 once ALL symptoms have resolved.  | Recovery  |
| <b>Level 2</b><br><br><b>Light aerobic exercise during 24-hour period</b>   | Walking, swimming or stationary cycling keeping intensity, <70% maximum predicted heart rate. No resistance training. Symptom free during full 24-hour period. | Increase heart rate   |
| <b>Level 3</b><br><br><b>Sport-specific exercise during 24-hour period</b>  | Running drills. No head impact activities. Symptom free during full 24-hour period.  | Add movement  |
| <b>Level 4</b><br><br><b>Non-contact training drills during 24-hour period</b>  | Progression to more complex training drills, e.g. passing drills. May start progressive resistance training. Symptom free during full 24-hour period.          | Exercise, coordination, and cognitive load                        |
| <b>Level 5</b><br><br><b>Full Contact Practice</b>  | Following medical clearance participate in normal training activities  | Restore confidence and assess functional skills by coaching staff |
| <b>Level 6</b><br><br><b>After 24 hours return to play</b>  | Player rehabilitated   | Recovered   |

*Reference: <http://www.footballaustralia.com.au/>*