MEDICAL CLEARANCE FORM

RETURN TO PLAY CLEARANCE FORM

PLAYER DETAILS

Player:		Club:	
Date of concussion:			
The player must take	this form to a Doctor to receiv	ve a medical clu	earance from any symptoms

The player must take this form to a Doctor to receive a medical clearance from any symptoms of concussion before returning to full contact training or playing Australian Football.

The player must return this form to their club who must retain a copy and provide to their League if requested.

DECLARATION OF FITNESS TO RETURN TO PLAY

I have examined / (player) on / /

By signing this document, I declare that the above player has recovered from their concussion (including full resolution of their concussion-related symptoms and signs) and has completed a graded loading program without recurrence of any clinical features.

In my opinion the player is now medically fit to return to full contact training or playing Australian Football.

Signed:	 Date:	
Doctor name:	 Provider #:	

Please note that the earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 12th day after the day on which the concussion was suffered.



MEDICAL CLEARANCE FORM

PHASES OF RETURN TO PLAY FOLLOWING CONCUSSION:

Focus	Goal	Requirements to move to next stage		
Rest				
Rest	Help speed up recovery	• Complete physical and cognitive rest in the first 24 – 48 hours		
Recovery				
Symptom limited activity	 Two days of activities that do not provoke symptoms 	 No concussion-related symptoms at rest or with physical or brain activity for at least 1 day and the player has successfully returned to work/school The player should also have a medical clearance (e.g. physiotherapist, sports trainer, first aider) to confirm that the player has had no concussion-related symptoms for at least 1 day 		
Graded Loading – individual program				
Light / moderate aerobic exercise	 Light / moderate aerobic exercise (e.g. walking, jogging, cycling at slow to medium pace) No resistance training 	Remain completely free of any concussion-related symptoms		
Recovery day				
Sport-specific exercise	 Increased intensity (e.g. running at an increased heart rate) and duration of activity Add sports specific drills (e.g. goal kick, stationary handball) Commence light resistance training 	 Remain completely free of any concussion-related symptoms The player should also have a medical clearance (e.g. physiotherapist, sports trainer, first aider) to confirm that the player has had no concussion-related symptoms for at least 1 day 		
Recovery day				
Graded Loading – full team training				
Limited contact training	 Return to full team training – non-contact except drills with incidental contact (incl. tackling) 	 Remain completely free of any concussion-related symptoms Player confident to return to full contact training 		
Recovery day Clearance by a medical doctor is required before returning to the final full contact training session and competitive contact sport				
Full contact training	Full team training	 Remain completely free of any concussion-related symptoms Player confident to participate in a match 		
Recovery day				
Return to Play				

The earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 12th day after the day on which the concussion was suffered.

A more conservative approach is required if there is a lack of baseline testing and active medical practitioner oversight of each stage of the graded return to football. A more conservative approach is important in certain situations including for children and adolescents, players with a history of concussion and where there is a recurrence of symptoms at any stage during the return to play program.

