

AFL CONCUSSION GUIDELINES 2026

Any player with concussion or suspected concussion:

1. MUST be removed from playing/training and not return that day
2. MUST be assessed by a Doctor in following 2-3 days
3. Team Manager / Concussion Officer to enter "incident" to PlayHQ

Team Manager to use "Concussion in PlayHQ" information sheet.

Return To Play

Progression through protocol to be managed by Club Physios/Trainers

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| Stage 1. | Relative Rest (24-48hrs) |
| Stage 2. | Recovery
Can start exercising but NO team training drills
OK to continue if have symptoms
Min 6 days |
| Stage 3. | Graded Loading
Must be symptom-free
Able to return to team training sessions
Progress from non-contact to limited contact to full contact
Min 14 days |

Medical clearance required from a **Doctor** to return to Team training with **Full Contact**

Once the above has been completed, and a player remains symptom-free, the player may return to play. The minimum time to progress through this protocol is **21 days**.

Physio and Team Manager (or Concussion Officer) **must sight Medical Clearance**.

Player to submit Doctor's details and clearance in PlayHQ

Following these steps, a player will become available to be selected