



Concussion Policy

1. Scope

This policy is applicable to all Players of the DOOKIE UNITED FOOTBALL AND NETBALL CLUB (DUFNC).

2. Purpose

Dookie United Football and Netball Club have created our concussion policy in accordance with the recommendations outlined in AFL and Netball Victoria's concussion management guidelines and policies.

3. Concussion Protocols

If a player is confirmed to have sustained a concussion, the earliest they can return to play is on the 21st day after the day on which the concussion was sustained, provided the player successfully passes through the protocols (e.g. symptom free for 14 days). The day on which the concussion was sustained is Day 0.

If a player is displaying symptoms of a concussion or has been involved in a collision involving a head knock, the player will be removed from play as assessed by club trainers. This involves a mandatory assessment on the bench/sideline and the player will only return to play if deemed safe to do so.

If a player is deemed by trainers to have a concussion, then the player will NOT return to play and will commence the 21-day mandatory concussion return to play protocol. This includes providing a medical certificate for clearance to train/play post-concussion from a doctor or hospital. Club trainers will provide you with return to play guidelines as per the policies. This will NOT be up for discussion with coaches, players, or parents.

Dookie United Football Netball Club will not be held liable if a player ignores the advice of the club trainers or their medical professionals.

The above protocols are inline with both AFL and Netball Victoria guidelines and policies, as referenced in section 4 below.

4. Related Policies and other documents

- AFL Guidelines - <https://play.afl/clubhelp/resources/afl-community-concussion-guidelines#article-0>
- Netball Guideline - <https://vic.netball.com.au/concussion-policy>

5. Modification and Review

- The contents of this document represent the current policy and procedures of DUFNC.
- This policy is subject to a review every 2 years or as the AFL and Netball Victoria update their guidelines and policies.
- Amendments will be communicated to members as and when appropriate, to ensure that it remains current

Owner: DUFNC

Created: 24 February 2026

Update: