

YJFL Injury Protocol for 2021

The YJFL Injury Protocol for 2021 will be as follows:

- Club trainers to follow AFL protocols and use the HeadCheck App which is also available free for parents and others.
- Colbrow Medics will be allocated to all YJFL venues and costs will be covered by the YJFL. Where a medic has not arrived at your venue by ten minutes before the first match you should follow up with Colbrow Medics on 1300 550 123 who will ensure that a Medic attends as soon as possible.
- The Colbrow Medic will complete a report on every injury they are made aware of at the venue, and these reports will be made available to the YJFL by 9am on the Monday morning following each round.
- When the injury is a head knock, they will also complete a Concussion Management Tool Form which will also be made available to the YJFL.
- The YJFL will make a phone call to the parents of all injured players on the Monday following the match to follow up on the injury.
- Where the injury was a head knock the player will be invited to attend Bulleen Park for a free EyeGuide check, or the YJFL may be able to attend the relevant club during the week to facilitate the test
- During the season the YJFL will also be available to attend club training sessions to conduct EyeGuide tests for any player that wants it in the YJFL. This will allow individuals to have a baseline result which will be useful if they have a head injury in the future. It will also enable the YJFL to establish baselines for the League at different age levels. **Clubs are urged to contact peter.nicholls@yarrajfl.org.au to organise a convenient time.**
- Parents and players should seek professional medical advice to determine the appropriate time to return to play.
- While there is no mandatory period out of the game from the AFL for community football at this stage for head knocks and concussion, players and clubs are urged to err on the side of caution and return to play when medical advice says they are healthy & ready.

EyeGuide

- EyeGuide is a non-intrusive, 10 second eye test to analyse the brain wellness of a player following an incident on the field. This test captures data about brain health.
- In 10 seconds EyeGuide captures 1200 data points to analyse your eye movement.
- A player can be baselined in a healthy state, retested after an incident, and the results between the 2 compared.
- Data is securely stored, and the system is password protected.
- The test is simple and can be administered by medical professionals or mums and dads in amateur sports with minimal training.