



PLAYER HANDBOOK 2027

Rules reminders

Don't forget the borrowing and playing rules.

If teams break any of the rules, offending game/s will be forfeited.



1

You can only play for one team per division - so if you fill in for one team, you can't fill in for another in the same division.

2

You can play a maximum of two games per weekend (if you're a keeper, you're exempt from this rule).

2

When filling in for other teams, you can play down two divisions but no further. You can play up as high as you like!

5

If you need subs, your team can borrow a maximum of five players per game.

7

You can play a maximum of seven games in a lower division throughout the season.

9

You can play a maximum of nine games in a higher division throughout the season.



ANU Women's Football Club

Player Handbook 2027

Endorsed September 2026

Competitive - Inclusive - Supportive

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Welcome to ANU Women's Football Club!

Welcome - or welcome back - to ANU Women's Football Club (ANUWFC). This handbook brings together the practical information players need for the season and the standards that guide how we participate, communicate and look after one another.

It should be read alongside the Club's [current policies, frameworks and guides](#), particularly the Values and Club Behaviours Framework, Player Wellbeing Plan, Safeguarding Policy and Procedure, Safeguarding and Reporting Guide, Respect and Anti-Racism Framework and Inclusive Communications Guide.

ANUWFC is a volunteer-run community football club. We want every player to be able to compete, develop, belong and thrive - whether you are new to football, returning to the game, or playing at a high competitive level.

A simple principle

We can be ambitious and competitive without compromising safety, fairness, inclusion or wellbeing. Those things are not in tension - they are part of what makes a strong football club.

Our club

Who we are

ANUWFC was established in 1978 and is the oldest women's football club in Australia. Over nearly five decades, the Club has created opportunities for women and gender-diverse people to play, compete, lead and build community through football.

ANUWFC is open to women (cis and trans) and non-binary people, including ANU students and non-students, and players across a wide range of experience and ability levels. We compete in Capital Football's senior women's competitions and are proud of our history as a women-led community club.

Our vision

To be recognised as a leading women's football club in the ACT, providing an inclusive environment where players can compete, develop, belong and thrive.

Our mission

To provide women (cis and trans) and non-binary people with a safe, supportive and inclusive football environment that enables every member to develop their skills, participate at an appropriate level and achieve their football goals.

Our values

- **Inclusivity:** everyone deserves to feel that they belong.
- **Sportspersonship:** we compete hard and treat people well.
- **Community:** We are stronger when we contribute to something bigger than ourselves.
- **Support:** We look after our people and help one another succeed.

The [ANUWFC Values and Club Behaviours Framework](#) turns these values into practical standards for how we act at training, on game day, at events and online.

Our 2027-2030 priorities

ANUWFC's priority is quality rather than unrestricted growth. We aim to maintain a sustainable membership footprint while improving competitive performance, player development, coaching capability, retention and member experience.

- Increase competitiveness and create meaningful opportunities for players to develop.
- Strengthen coaching capability and consistency across the Club.
- Protect a safe, inclusive and psychologically safe environment.
- Support player wellbeing, accessible participation and positive retention.
- Build sustainable governance, communication and volunteer practices.
- Continue contributing positively to women's football in the ACT.

What we expect from each other

A positive football experience is built on mutual respect, clear expectations and shared responsibility. Teams may be ambitious and competitive while still being supportive and psychologically safe.

Player expectations

As an ANUWFC player, you are expected to:

- Model the ANUWFC values of Inclusivity, Sportspersonship, Community and Support.
- Treat teammates, coaches, opponents, referees, officials, volunteers and supporters with dignity and respect.
- Respect people's names, pronouns, privacy, identity, culture and individual circumstances.
- Reject racism, discrimination, bullying, harassment, abuse, degrading behaviour and exclusion.
- Compete hard and fairly, respect the Laws of the Game, and accept officials' decisions without abuse or intimidation.
- Contribute to a psychologically safe team culture: ask questions, support teammates, learn from mistakes and disagree respectfully.
- Communicate your availability and relevant issues with reasonable notice, and attend training and matches you are able to attend.
- Engage constructively in your own development and be open to respectful feedback.
- Use team communication channels appropriately and avoid content that is discriminatory, abusive, humiliating or likely to breach another member's privacy.
- Raise safety, wellbeing, inclusion or safeguarding concerns through appropriate Club pathways.
- Look after Club equipment, leave facilities clean and support simple sustainability practices.
- Support teammates and contribute positively to the wider ANUWFC community on and off the field.

What you can expect from your coach

Players are entitled to coaching that is safe, respectful, fair and development-focused. You can expect your coach to:

- create an inclusive environment for women (cis and trans) and non-binary people
- communicate expectations, selection decisions and feedback clearly and respectfully
- provide planned and purposeful training appropriate to the team's level

- apply attendance, playing-time and development expectations fairly, with reasonable consideration of work, study, injury, health and other legitimate circumstances
- encourage learning from mistakes rather than humiliation or blame
- maintain professional boundaries and recognise the power imbalance between coaches and players
- prioritise player safety and wellbeing over competitive outcomes
- address or appropriately report racism, discrimination, bullying, harassment, abuse and other conduct inconsistent with Club values
- protect sensitive information and use appropriate reporting pathways when serious concerns arise.

Something does not feel right?

You do not have to resolve a difficult issue alone or raise it with the person involved if you do not feel safe or comfortable doing so. See Section 5 and the quick reporting guide in Appendix 1.

Club operations

The Committee and making contact

ANUWFC is governed and operated by volunteers. Role-based contact channels are used wherever possible so information is not lost when office-holders change.

- General enquiries: anuwfc@gmail.com
- Player welfare / safeguarding: anuwfcplayerwelfare@gmail.com
- Competition / registration: Registrar via anuwfc@gmail.com
- Coaching concern: Raise with your coach where appropriate or use the Player welfare / safeguarding pathway if the issue involves your coach or you are not comfortable raising it directly.
- Current Committee Members: [see the list here](#).

The general Club inbox is accessed by more than one Committee member. For sensitive matters, use the dedicated welfare / safeguarding contact listed on the Club website.

Team managers

Each team is encouraged to have a volunteer Team Manager who provides an additional point of contact between players, coaches and the Committee and helps with team administration. Managers:

- Help manage availability, match cards and practical team information.
- Share Club updates and event information with the team.
- Help players work out who to contact when they are unsure.
- Raise team-level operational issues with the Committee.
- Help coordinate reasonable volunteering and fundraising activities.

Team communication

Each team should have a reliable communication channel for training, matches, availability and team updates. Communication must follow the [Inclusive Communications Guide and Values and Club Behaviours Framework](#).

- Use inclusive language and respect names and pronouns.
- Avoid assumptions about someone's identity, relationships, culture, health, work, study or personal circumstances.

- Humour is welcome; humour at someone else's expense is not.
- Do not share confidential welfare, health or safeguarding information in team group chats.
- Remember that screenshots and images from team groups can leave the group and enter the public domain.
- Do not pressure teammates to disclose personal information or explain absences beyond what is reasonably needed for team planning.

Playing kit and merchandise

Players must wear the current Club-approved playing kit and any compulsory equipment required by the Laws of the Game and Capital Football competition regulations. Current kit requirements, merchandise options and prices are published through ANUWFC's website and season communications.

Club-issued jerseys remain Club property unless expressly advised otherwise and must be returned when requested. Any replacement fee or non-return process will be communicated at the start or end of the relevant season.

Preparing for game day

- Confirm your availability using the process requested by your coach or Team Manager.
- Bring your full playing kit, shinguards, football boots, water bottle and weather-appropriate items such as sunscreen.
- Follow current competition requirements for jewellery and equipment. These rules can change, so rely on current Capital Football guidance rather than old screenshots or previous-season practice.
- Arrive with enough time to prepare and warm up as advised by your coach.
- Help with reasonable home-game setup and pack-down responsibilities when your team is rostered to do so.

Dribl and competition systems

Capital Football uses competition-management systems, including Dribl, for match information, player eligibility, match cards and results. Players should ensure their registration details are current and follow team instructions for availability and game-day administration.

Competition regulations can change from season to season. Where this handbook conflicts with a current Capital Football regulation, the current regulation applies.

Playing across teams

Player borrowing is an important part of ANUWFC's community and development model. It can help prevent forfeits, create development opportunities and strengthen connections across the Club.

Principles for player borrowing

- Borrowing must comply with current Capital Football eligibility and competition regulations.

- The player's registered team remains the first consideration. Borrowing should not leave that team unnecessarily short or create an unreasonable workload for the player.
- Players decide whether they wish to fill in. A player should not be pressured to play additional matches.
- Borrowing should be in good faith and based on genuine team need or appropriate development opportunity - not to unfairly strengthen a team for a particular result.
- Coaches and the Committee should coordinate borrowing so eligibility and player movement can be tracked.
- Safety and workload matter. Playing multiple matches in a weekend may not be appropriate for every player.

Development matters

ANUWFC encourages appropriate movement and opportunities between divisions. Competitive improvement is a Club priority, but player safety, fairness, inclusion and long-term development remain non-negotiable.

Player wellbeing, safeguarding and inclusion

Player wellbeing

[ANUWFC's Player Wellbeing Plan](#) focuses on six practical areas: safe football, physical wellbeing, mental wellbeing, belonging and inclusion, accessible participation, and player voice and support.

You do not need to be in crisis to ask for support. Players may raise concerns about team culture, injury, participation barriers, personal circumstances affecting football, discrimination, coach-player dynamics or anything else that is affecting their experience at the Club.

- Speak with your coach if the issue is appropriate to raise with them and you feel comfortable doing so.
- Speak with the Player Welfare Officer / Safeguarding and Member Protection contact if the issue is sensitive, involves your coach, is serious, or you would prefer an independent Club contact.
- The Club may support you to identify an appropriate external service or formal reporting pathway where an issue sits outside the Club's role or expertise.

Safeguarding and reporting

Safeguarding is everyone's responsibility. ANUWFC does not tolerate abuse, harassment, discrimination, bullying, sexual misconduct, threatening behaviour or other serious safety concerns.

The five reporting steps are: LISTEN - MAKE SAFE - RECORD - REFER - SUPPORT

If you disclose a serious concern, Club volunteers should take you seriously, focus on safety, record the relevant facts, refer the matter through the appropriate pathway and support you. They should not interrogate you, promise absolute confidentiality, confront the person you are concerned about, or conduct their own investigation.

If anyone is in immediate danger, call emergency services or police as appropriate. Serious matters may also need to be referred to ANU Sport, Capital Football, Football Australia or another statutory body depending on the issue.

Respect and anti-racism

Racism, racial discrimination, vilification and culturally demeaning behaviour have no place at ANUWFC. This includes racist language, jokes, stereotypes, gestures, online content, exclusion and conduct directed at a person's race, ethnicity, nationality, culture or background.

If it is safe and appropriate, members are encouraged to interrupt harmful behaviour in the moment. You might say, "That's not okay" or "We don't use language like that at ANUWFC." You can also report the behaviour through the Club's safeguarding / welfare pathways. The person affected should not be expected to educate others, manage the incident themselves or justify why the behaviour was harmful.

Psychological safety

Psychological safety means being able to ask for help, admit a mistake, seek feedback, share an idea or raise a concern without fear of humiliation or retaliation. It is important for wellbeing, team cohesion and performance.

In psychologically safe teams:

- Mistakes are treated as learning opportunities.
- Players can ask questions and seek feedback.
- Different views can be expressed respectfully.
- Success and effort are recognised.
- Concerns can be raised early.

In psychologically unsafe teams:

- Mistakes lead to humiliation or blame.
- Players stay quiet because they fear the reaction.
- One view dominates and disagreement is punished.
- Players feel valued only when results go well.
- Problems are hidden until they become serious.

As a player, you can support psychological safety by encouraging teammates, avoiding gossip and pile-ons, communicating concerns constructively, listening to others and focusing on solutions rather than blame.

Professional conduct and relationships

ANUWFC values professionalism and fairness in relationships between coaches and players. Coaches hold a position of influence and must be mindful of actual or perceived power imbalances.

Intimate relationships between a coach and a player within the same team are strongly discouraged because of the risks of favouritism, impaired judgement and impacts on team dynamics. Where such a relationship develops, it should be disclosed to the appropriate Club contact so practical steps can be considered to manage conflicts and protect fairness and wellbeing.

Any behaviour involving pressure, coercion, harassment, sexual misconduct, retaliation or abuse of power should be reported through the safeguarding pathway.

Injury prevention and response

Preventing injury

- Warm up appropriately before training and matches. Coaches will lead team preparation, but players should also complete any individual preparation recommended by a qualified health professional.
- Wear shinguards and other compulsory protective equipment as required.
- Stay hydrated and bring a reusable water bottle.
- Tell your coach about an injury or restriction that affects your ability to participate safely.
- Do not pressure yourself or a teammate to play through an injury when doing so may create additional risk.

If you are injured

If you are injured at training or during a match, tell your coach as soon as possible. Serious injuries require immediate medical attention - call 000 when appropriate.

The Club may ask for an injury report so it can support insurance, safety follow-up and future injury-prevention work. Players should seek professional medical advice when an injury is significant, persistent or uncertain.

Concussion: recognise and remove

A player with a suspected concussion must be removed from play and must not return to the same activity. Concussion can occur without loss of consciousness and symptoms can develop later.

- Treat any suspected concussion seriously.
- Do not return to play until the player has followed current medical and return-to-sport guidance.
- If red-flag symptoms are present, seek urgent medical attention.
- Players with suspected concussion should not be pressured to make their own return-to-play decision while symptomatic.

See Appendix 3 for a quick recognition tool. The Club should use current Australian concussion guidance and applicable Football Australia / Capital Football requirements where these are updated.

Insurance and claims

Registered players may be covered by insurance arrangements associated with ANUWFC's affiliations and participation. Coverage, claim timeframes and exclusions can change, so players should use the current insurance information linked from the [ANUWFC website](#).

If you may need to make a claim, contact the Player Welfare Officer as early as possible. Keep relevant medical records, receipts and details of when and where the injury occurred.

Return to play

Return-to-play decisions should be guided by the nature of the injury and, where relevant, professional medical advice. Coaches and players should prioritise long-term health over the pressure to return for a particular fixture.

Participation support and player voice

Accessible participation

ANUWFC wants cost, work, study, injury, disability, health or other personal circumstances to create as few unnecessary barriers to participation as reasonably possible. The Club cannot remove every barrier, but players are encouraged to raise practical issues early so options can be considered.

Support may include payment arrangements, bursary or fee-support options where available, reasonable flexibility around participation, or connection with relevant Club or external supports.

Player voice

Players should have meaningful opportunities to provide feedback about their football experience. Feedback can be positive, constructive or critical; raising an issue respectfully should not disadvantage a player.

- Raise team-level operational feedback with your coach or Team Manager where appropriate.
- Use the Player Welfare / safeguarding pathway for sensitive concerns, concerns involving your coach, or matters about safety, discrimination, harassment or wellbeing.
- Use Club surveys, end-of-season feedback opportunities and the AGM to contribute to broader Club decisions.
- Contact the Committee if you have ideas about events, volunteering, communications, inclusion or Club improvement.

Complaints and concerns

Different issues may need different pathways. A minor misunderstanding may be resolved through a respectful conversation; a repeated, serious or safety-related issue may need formal referral.

If you are unsure which process applies, contact the [Player Welfare Officer / Safeguarding and Member Protection contact](#) or the Committee. You are not expected to diagnose the policy category yourself before asking for help.

Sustainability and community

Environmental sustainability

ANUWFC does not own or operate the facilities where we train and play, so our environmental approach is deliberately light-touch and practical. Players can still contribute through small actions that cost little or nothing.

- Bring a reusable water bottle.
- Use digital team information rather than printing where practical.

- Reuse Club equipment and return it in good condition.
- Leave fields, changerooms and social spaces clean and take rubbish with you.
- Avoid unnecessary single-use purchases where a reusable option already exists.
- Report obvious facility issues such as water leaks, unsafe damage or unnecessary lighting to the appropriate Club or facility contact rather than attempting repairs yourself.

Contributing to club life

ANUWFC exists because members volunteer. You do not need to join the Committee to make a useful contribution. Teams may be asked to help with field setup, events, fundraising, communications, mentoring, merchandise, social activities or other small jobs across the season.

Volunteering should be reasonable, shared and inclusive. People have different amounts of time and capacity, and contribution should not become a source of guilt or exclusion.

Club events

ANUWFC hosts social and community events during the year to strengthen connections across teams and celebrate the season. Dates and venues are communicated annually rather than fixed in this handbook so the information remains current.

Policies and key contacts

How our governance documents work together

[ANUWFC's governance documents](#) are designed to operate as one practical system rather than as separate paperwork. Players do not need to memorise every document, but should understand the behaviour expected of them, know how to raise a concern and know where to find support.

- **Strategic Plan 2027-2030:** sets the Club's direction with a focus on stronger competitiveness, development, safety, inclusion and sustainability without unrestricted growth.
- **Values and Club Behaviours Framework:** defines the behaviours expected across Inclusivity, Sportspersonship, Community and Support.
- **Player Wellbeing Plan:** explains how the Club supports safe football, physical and mental wellbeing, belonging, accessible participation and player voice.
- **Safeguarding Policy and Procedure:** sets the Club's safeguarding responsibilities and formal process.
- **Safeguarding and Reporting Guide:** gives the simple practical response of Listen - Make Safe - Record - Refer - Support.
- **Respect and Anti-Racism Framework:** sets expectations for preventing and responding to racism and culturally demeaning behaviour.
- **Inclusive Communications Guide:** sets standards for respectful, accessible and inclusive communication.

- **Environmental Sustainability Action Plan:** identifies low-cost actions appropriate to a Club that does not own its facilities.
- **Marketing, Communications and Stakeholder Engagement Strategy:** guides how the Club communicates and builds relationships with members, partners and the football community.
- **Stakeholder Engagement and Communications Matrix:** clarifies audiences, communication channels, responsibilities and frequency.

External rules and policies

ANUWFC is affiliated with ANU Sport and Capital Football and must also operate within applicable Football Australia requirements. Current competition regulations, Member Protection requirements, facility rules and other governing-body policies may apply in addition to ANUWFC documents.

If a Club document does not answer a question, contact the relevant Committee portfolio rather than guessing. Current external requirements take precedence over outdated handbook wording.

Key links

- ANUWFC website: www.anuwfc.org
- General enquiries: anuwfc@gmail.com
- Player Welfare Officer / Safeguarding and Member Protection: anuwfcplayerwelfare@gmail.com
- Capital Football: <https://capitalfootball.com.au>
- ANU Sport: use the [ANU Sport website](#) for Member Protection and affiliation-related information.

Keep this handbook practical

Season-specific details such as fixtures, game times, Committee office-holders, registration deadlines, prices and competition-rule changes are intentionally communicated separately each year. That reduces the risk of players relying on stale information.

A final word

ANUWFC should be a place where people can play seriously, improve, compete, make friends, contribute and feel that they belong. That does not happen because of one policy or one Committee role - it happens through the everyday behaviour of players, coaches and volunteers.

Compete hard. Treat people well. Look after your teammates. Speak up when something is not right. Help us keep building a Club where women (cis and trans) and non-binary people can develop, lead and thrive through football.

See you on the pitch!

Appendix 1: Quick Safeguarding and Reporting Guide

If something serious happens or is disclosed to you:

1. **LISTEN:** stay calm. Take the person seriously. Let them speak in their own words. Do not interrogate or push for unnecessary detail.
2. **MAKE SAFE:** prioritise immediate safety. If anyone is in immediate danger, contact emergency services or police as appropriate.
3. **RECORD:** write down the key facts as soon as practical: what was said or observed, when, where and who was involved. Separate facts from assumptions.
4. **REFER:** contact the Player Welfare Officer / Safeguarding and Member Protection contact or the appropriate Club / external pathway. Do not conduct your own investigation.
5. **SUPPORT:** keep the person informed about what you can do, respect privacy, avoid gossip and help them access appropriate support.

Do not

- promise absolute confidentiality
- confront the alleged respondent yourself
- try to determine whether the allegation is 'true' before reporting it
- share the issue through team chats or with people who do not need to know
- pressure the person affected to make a formal complaint before they are ready, unless a mandatory safety or legal reporting obligation applies.

Appendix 2: FIFA 11+ warm-up resource

The FIFA 11+ is a structured football warm-up incorporating running, strength, plyometrics and balance exercises. Coaches may use it or other evidence-informed warm-up approaches appropriate to their team.

Players should follow coach instructions and any individual advice from a qualified health professional.

The 11+

PART 1 RUNNING EXERCISES • 8 MINUTES

1 RUNNING STRAIGHT AHEAD

2 RUNNING HIP OUT

3 RUNNING HIP IN

4 RUNNING CIRCLING PARTNER

5 RUNNING SHOULDER CONTACT

6 RUNNING QUICK FORWARDS & BACKWARDS

PART 2 STRENGTH • PLYOMETRICS • BALANCE • 10 MINUTES

LEVEL 1

7 THE BENCH STATIC

8 SIDEWAYS BENCH STATIC

9 HAMSTRINGS BEGINNER

10 SINGLE-LEG STANCE HOLD THE BALL

11 SQUATS WITH TOE RAISE

12 JUMPING VERTICAL JUMPS

LEVEL 2

7 THE BENCH ALTERNATE LEGS

8 SIDEWAYS BENCH RAISE & LOWER HIP

9 HAMSTRINGS INTERMEDIATE

10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER

11 SQUATS WALKING LUNGES

12 JUMPING LATERAL JUMPS

LEVEL 3

7 THE BENCH ONE LEG LIFT AND HOLD

8 SIDEWAYS BENCH WITH LEG LIFT

9 HAMSTRINGS ADVANCED

10 SINGLE-LEG STANCE TEST YOUR PARTNER

11 SQUATS ONE-LEG SQUATS

12 JUMPING BOX JUMPS

PART 3 RUNNING EXERCISES • 2 MINUTES

13 RUNNING ACROSS THE PITCH

14 RUNNING BOUNCING

15 RUNNING PLANT & CUT



KNEE POSITION
CORRECT



KNEE POSITION
INCORRECT



MY GAME IS
FAIR PLAY



F-MARC
FOOTBALL FOR HEALTH

Appendix 3: Concussion recognition

A suspected concussion should be treated seriously and the player removed from activity. Red flags such as worsening headache, repeated vomiting, seizure, deteriorating consciousness, weakness or neck pain require urgent medical assessment.

CONCUSSION RECOGNITION TOOL 5®

To help identify concussion in children, adolescents and adults







RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS – CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/ burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma

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STEP 3: SYMPTOMS

• Headache	• Blurred vision	• More emotional	• Difficulty concentrating
• "Pressure in head"	• Sensitivity to light	• More irritable	• Difficulty remembering
• Balance problems	• Sensitivity to noise	• Sadness	• Feeling slowed down
• Nausea or vomiting	• Fatigue or low energy	• Nervous or anxious	• Feeling like "in a fog"
• Drowsiness	• "Don't feel right"	• Neck Pain	
• Dizziness			

STEP 4: MEMORY ASSESSMENT
(IN ATHLETES OLDER THAN 12 YEARS)

Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:

• "What venue are we at today?"	• "What team did you play last week/game?"
• "Which half is it now?"	• "Did your team win the last game?"
• "Who scored last in this game?"	

Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/ prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

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ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE

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Version control

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