

CONCUSSION MANAGEMENT PLAYER CHECKLIST

As a player that has been injured and suffered a potential head injury or concussion you **MUST** follow the information detailed in Rugby Australia's Concussion Guidance & Procedure.

It is requirement that all players who suffer a concussion seek the highest level of medical care reasonably available to ensure concussion is managed appropriately.

ADULTS AGED 19 AND OVER – the MINIMUM period before RETURN TO PLAY is 12 days

CHILDREN & ADOLESCENTS AGED 18 AND UNDER – the MINIMUM period before RETURN TO PLAY is 19 days

The checklist actions outlined below are provided to assist you the player meet their obligations and requirements relating to the Management of Concussion in Rugby Australia.

STEPS	ACTIONS	✓
1	RECORD <ul style="list-style-type: none"> i. receive Rugby Australia Concussion Referral and Return Form and Rugby Australia Head Injury Fact Sheet from your Club or School Team Official. ii. review section 1 of Rugby Australia Concussion Referral and Return Form has been completed. iii. read and follow the player information on Rugby Australia Head Injury Fact Sheet. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2	REFER <ul style="list-style-type: none"> i. present yourself to a medical doctor or emergency department for assessment as soon as practical (within 72 hours) of injury. ii. provide the medical doctor with Rugby Australia Concussion Referral and Return Form to complete section 2. 	<input type="checkbox"/> <input type="checkbox"/>
3	REST, RECOVER, RETURN TO EXERCISE & TRAINING <ul style="list-style-type: none"> i. ensure you completely rest for a minimum of 24 hours after injury. ii. follow the advice provided by the medical doctor regarding your injury management. iii. progress through levels 2-4 of the Graduated Return to Play (GRTP) program. <p>NOTE: The minimum time between stages is 24 hours, although children and adolescents may require a longer period of time between stages.</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4	RETURN TO FULL CONTACT TRAINING & PLAY <ul style="list-style-type: none"> i. return to the medical doctor for clearance approval and ensure section 3 is completed on *Rugby Australia Concussion Referral and Return Form. ii. present a copy of the completed Rugby Australia Concussion Referral and Return Form to the Club or School Team Official as evidence to approve a return to full contact training and play. <p>*NOTE: FAILURE TO COMPLETE ANY SECTION OF THIS FORM WILL RESULT IN THE PLAYER BEING EXCLUDED INDEFINITELY FROM FULL CONTACT TRAINING AND PLAYING.</p>	<input type="checkbox"/> <input type="checkbox"/>

Detailed guidance on how to manage concussion can be found at <http://rugbyau.com/about/codes-and-policies/safety-and-welfare/concussion-management>

**As of 31 January, 2018*

RUGBY AUSTRALIA HEAD INJURY FACT SHEET

PLAYER INFORMATION

The signs and symptoms of concussion may occur immediately or may develop over minutes, hours or days. It is possible that people feel better soon after a head injury, but that does not mean they have not suffered a concussion. The changes in your brain may develop over some time and may persist for days and weeks, even after a relatively minor hit.

Some of the signs of concussion include (but are not limited to);

- | | |
|---|----------------------------|
| - Suspected or definite loss of consciousness | - Dizziness |
| - Disorientation | - Difficulty concentrating |
| - Incoherent speech | - Sensitivity to light |
| - Confusion | - Ringing in the ears |
| - Memory loss | - Fatigue |
| - Dazed or vacant stare | - Vomiting |
| - Headache | - Blurred vision |
| | - Loss of balance |

Rugby Australia takes concussion very seriously and if there is any doubt, Rugby Australia has instructed all participants to err on the side of caution. Therefore, the message for all players' is

IF IN DOUBT SIT THEM OUT

WHAT TO DO

You must now follow **Rugby Australia Standard Care Pathway** of concussion management.

Having been recognised as having a potential concussion, you should next make an appointment to see a medical doctor in the next 1-2 days. This may be a GP or a specialist Sports and Exercise Physician or another medical doctor. It may not be a physiotherapist, chiropractor, osteopath, trainer, or masseur.

This medical doctor will assess you and guide your progress over the next steps in the process. Whilst waiting to see the medical doctor, you should take things quietly and be in the care of a responsible adult at all times.

Note: The player must completely rest for a minimum of 24 hours after injury. The required time of rest varies from player to player, so a medical doctor will specify the minimum time of rest for each individual player.

It is advisable when making an appointment to see a medical doctor to note the following;

- An assessment can take 30 minutes, so a long appointment should be requested at the time the appointment is booked
- Take a copy of the Concussion Management Medical Doctor Information with you
- Take a copy of the Referral and Return Form (section 1 completed)
- Take a copy of the SCAT5 to the doctor if done elsewhere

WHAT NOT TO DO

- Be left alone
- Drink alcohol
- Drive a car
- Handle heavy machinery
- Swim alone
- Watch TV or play computer games if they irritate your symptoms
- Take anti-inflammatory medications or any pain killer stronger than Panadol unless instructed by your doctor

RED FLAGS

The signs and symptoms of concussion can sometimes be the same as more severe head injuries. If the following signs and symptoms occur, they may be a sign that there is something more serious happening. These are called RED FLAGS and if they occur you should immediately attend the nearest Accident and Emergency Centre, or ring 000 for an ambulance.

- Deteriorating conscious state (i.e. becoming drowsier)
- Increasing confusion or irritability
- Behaving unusually or a change in their normal behavior
- Fit, seizure or convulsions
- Double vision
- Slurred speech
- Continuing unsteadiness on their feet
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Repeated vomiting – more than once etc.
- Severe or unusual neck pain

Rugby Australia Concussion Management Procedure provides information on the process and the obligations on all participants, it is important that you read this document and understand your obligations.

For further information please refer to <https://www.rugbyau.com/about/codes-and-policies/safety-and-welfare/concussion-management>

NOTE: A player must provide a completed Rugby Australia Concussion Referral & Return form to their team manager for presentation/submission to the competition manager prior to returning to full-contact training and/or match play.

**As of March 2019*

CONCUSSION REFERRAL & RETURN FORM

This Concussion Referral & Return Form **MUST** be completed as specified by *Rugby Australia Concussion Procedure*.

NOTE: THIS IS A LEGAL DOCUMENT AND UPON COMPLETION (Sections 1-3) MUST BE PROVIDED TO THE COMPETITION MANAGER BEFORE A PLAYER RETURNS TO FULL CONTACT TRAINING AND PLAYING.

FAILURE TO COMPLETE ANY SECTION OF THIS FORM WILL RESULT IN THE PLAYER BEING EXCLUDED INDEFINATELY FROM FULL CONTACT TRAINING AND PLAYING

SECTION 1 - PLAYER DETAILS *(please print clearly)*

TEAM OFFICIAL TO COMPLETE (Manager, Coach or First Aid / Medical Officer) AT THE TIME/ON THE DAY OF THE INJURY, BEFORE PRESENTING TO MEDICAL DOCTOR REVIEWING THE PLAYER

Name of player:

Date of Birth:

Club/School:

Competition/State:

Dear Doctor,

This rugby player has presented to you today because they were injured on (day & date of injury) _____ in a (game or training session) _____ and **suffered a potential head injury or concussion.**

The Injury involved:
(select one option)

Direct head blow or knock

☐

Indirect injury to the head e.g. whiplash injury

☐

No specific injury observed

☐

The subsequent signs or symptoms were observed (Please select one or more)

Consult the referee if no signs and symptoms were observed by team official personnel

Loss of consciousness:

☐

Difficulty Concentrating:

☐

Disorientation:

☐

Sensitivity to light:

☐

Incoherent Speech:

☐

Ringing in the ears:

☐

Confusion:

☐

Fatigue:

☐

Memory Loss:

☐

Vomiting:

☐

Dazed or Vacant Stare

☐

Blurred vision

☐

Headache:

☐

Loss of balance:

☐

Dizziness:

☐

Other: _____

Is this their first concussion in the last 12 months? (Please Circle)

YES

NO

If NO, how many concussions in the last 12 months: _____

Name:

Signature:

Role:

Date:

PLAYER or PARENT / LEGAL GUARDIAN CONSENT *(for players under 18 years of age)*

I _____ (insert name) consent to Dr. _____ (insert Doctor's name) providing information if required to Rugby Australia concussion consultant regarding my head injury and confirm that the information I have provided the doctor has been complete and accurate.

Name:

Signature:

Date:

SECTION 2 - INITIAL CONSULTATION – MEDICAL DOCTOR

Rugby Australia takes concussion seriously and its default position is that all players who have suffered a concussion or a suspected concussion must be treated as having suffered concussion.

The player has been informed that they must be referred to a medical doctor. **Your role as a medical doctor is to assess the player and guide their progress over the remaining steps in the process.**

Detailed guidance for you, the medical doctor, on how to manage concussion can be found in Rugby Australia's Concussion Management Medical Doctor information on [the Rugby AU website](http://rugbyau.com.au/about/codes-and-policies/safety-and-welfare/concussion-management).

Please note, any player who has been diagnosed showing signs and symptoms of concussion MUST follow the Graduated Return to Play (G RTP) programme.

ADULTS AGED 19 AND OVER – the MINIMUM period before RETURN TO PLAY is 12 days
CHILDREN AND ADOLESCENTS AGED 18 AND UNDER – the MINIMUM period before RETURN TO PLAY is 19 days

I have assessed the player and I have read and understood the information above and confirm I have read Rugby Australia's Concussion Management Medical Doctor Information.

DOCTORS NAME:	
SIGNED:	
DATE:	

SECTION 3 - CLEARANCE APPROVAL – MEDICAL DOCTOR

DOCTOR TO COMPLETE (please print clearly)

I (Doctor's Name) _____ have reviewed _____ (players name) today and based upon the evidence presented to me by them and their family / support person, and upon my history and physical examination I can confirm:

- I have reviewed Section 1 of this form and specifically the mechanism of injury and subsequent signs and symptoms
- The Player has undertaken the age specific mandatory rest period
- The Player has completed steps 2, 3 and 4 of Rugby Australia's Graduated Return to Play process without evoking any recurrence of symptoms
- The Player has returned to school, study or work normally and have no symptoms related to this

I also confirm that I have read Rugby Australia's Concussion Management Medical Doctor document -

<http://rugbyau.com/about/codes-and-policies/safety-and-welfare/concussion-management>

I therefore approve that this player may return to full contact training (Stage 5 of the Graduated Return To Play) and if they successfully complete this without recurrence of symptoms, the player may return to playing Rugby.

Doctors Name:

Signature:

Date:

AS OF 27 MARCH, 2018