

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