






CONCUSSION MANAGEMENT


We all have a **Collective Responsibility** to act in the best interests of player safety and welfare.

Players, Parents/Caregivers, Team Officials, Match Officials and Medical Staff must take responsibility for the **recognition, removal and referral** of players and must ensure concussion (or suspected concussion) is **appropriately managed** with medical doctor consultation and following the **RA Concussion Management Procedure**.

ON THE DAY

1 RECOGNISE	2 REMOVE	3 RECORD	4 REFER
<p>Keep an eye out for these signs and symptoms of concussion (or suspected concussion):</p> <ul style="list-style-type: none"> Suspected or definite loss of consciousness Disorientation Incoherent speech Confusion Memory loss Dazed or vacant stare Headache Dizziness Difficulty concentrating Sensitivity to light Ringing in ears Fatigue Vomiting Blurred vision Loss of balance 	<p>Concussion must be taken seriously. IF IN DOUBT, SIT THEM OUT</p>  <p>HEAD INJURY FACT SHEET</p>	<p>Record the details on a Referral and Return Form.</p>  <p>REFERRAL & RETURN FORM</p>	<p>Refer the player to a Medical Doctor with the Referral and Return Form.</p>  <p>RA CONCUSSION PROCEDURE</p>
<p>DO's</p>  <p>COMPLETELY REST FOR 24 HOURS</p> <p>Follow the RA Concussion Management Procedure. See a doctor for management of your concussion (or suspected concussion).</p>		<p>DON'Ts</p>  <ul style="list-style-type: none"> Be left alone Drink alcohol Drive a car Handle heavy machinery Swim alone Watch TV or other screens if they irritate your symptoms Take anti-inflammatory medications or any pain killer stronger than Panadol unless instructed by your Doctor 	

IN THE DAYS AFTER

5 REST	6 RECOVER	7 RECORD	8 RETURN
<p>Completely rest for a minimum of 24 hours after injury.</p> <p>Required rest varies from player to player, so a medical doctor will specify the minimum time of rest for each individual player.</p>	<p>The best way to return to sport is to follow a gradual re-introduction to exercise in a step-wise progression known as a Graduated Return To Play (G RTP - documented in the RA Concussion Procedure).</p>	<p>Complete the G RTP steps and return to a Medical Doctor for sign-off on the Referral and Return form. Provide the completed form to your Club / School.</p>	<p>Return to full contact training and playing and continue to monitor for any recurring signs or symptoms.</p>
<p>RUGBY AUSTRALIA'S CONCUSSION MANAGEMENT PAGE</p>  <p>All background, forms, processes, and procedures relating to Blue Card and Concussion Management is available on RA's Concussion Management Page.</p>		<p>IMPORTANT NOTE:</p> <p>MINIMUM period before RETURN TO PLAY is:</p> <p>ADULTS (aged 19 and over) = 12 days</p> <p>YOUTH (aged 18 and under) = 19 days</p>	

INJURY REPORTING

A **Serious Injury** is defined as:

- Any head or neck injury that results in a player being treated at an emergency department, hospital or after-hours medical centre.
- OR**
- Any injury that results in the admission of a player to hospital.

NOTE – admission refers to player being admitted to hospital by the hospital registrar for ongoing treatment and/or follow-up, this does not include players taken to an Emergency Department and allowed home from there.

A **Non-Serious Injury** is defined as:

- Any other injury that prevents a player from participating in a match or training.

For more information, or to submit a **Serious Injury** or **Non-Serious Injury** report, visit the:



Rugby Australia's Injury Reporting Webpage

In the event of a suspected **spinal injury** or **fatality**, the club or school must call:

1800 036 156

to engage the RA **Serious Injury Case Manager (SICM)** as soon as possible.