

CONCUSSION MANAGEMENT CLUB CHECKLIST

If a player at your Club has been injured and **suffered a potential head injury or concussion** they **MUST** follow the information detailed in Rugby Australia's Concussion Management 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 the Club 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. document on the team match scorecard any player removed from the field of play with a potential head injury or concussion. ii. enter under injury against the player in Rugby Xplorer as part of post-match tasks. 	<input type="checkbox"/> <input type="checkbox"/>
2	RECORD & REFER <ul style="list-style-type: none"> i. complete section 1 of Rugby Australia Concussion Referral and Return Form. ii. provide Rugby Australia Concussion Referral and Return Form and Rugby Australia Head Injury Fact Sheet to the player or family member/guardian. iii. remind the player that they must be referred to a medical doctor or emergency department as soon as practical (within 72 hours of the injury) 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3	REST, RECOVER, RETURN TO EXERCISE & TRAINING <ul style="list-style-type: none"> i. confirm that the player has been assessed by a medical doctor and can progress to level 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"/>
4	RETURN TO FULL CONTACT TRAINING & PLAY <ul style="list-style-type: none"> i. request from the player or family member/guardian to see *Australian Concussion Rugby Referral & Return Form. ii. check section 3 has be completed by the medical doctor, and confirmation that they have fully recovered from concussion. iii. present a copy of this form to the Competition Manager to approve and record 'release' in Rugby Xplorer allowing the player to 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"/> <input type="checkbox"/>

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

**As of 31 January 2018*