

# 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 the Australian Rugby 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 the Club meet their obligations and requirements relating to the Management of Concussion in Australian Rugby.

| STEPS    | ACTIONS   | ✓  |
|----------|---|--|
| <b>1</b> | <b>RECORD</b> <ul style="list-style-type: none"> <li>i. document on the team match scorecard any player removed from the field of play with a potential head injury or concussion.</li> <li>ii. enter under injury against the player in Rugby Link as part of post-match tasks.</li> </ul>   | <input type="checkbox"/><br><input type="checkbox"/>                             |
| <b>2</b> | <b>REFER</b> <ul style="list-style-type: none"> <li>i. complete section 1 of the <b>Australian Rugby Concussion Referral and Return Form</b>.</li> <li>ii. provide the <b>Australian Rugby Concussion Referral and Return Form</b> and <b>Australian Rugby Head Injury Form</b> to the player or family member/guardian.</li> </ul>   | <input type="checkbox"/><br><input type="checkbox"/>                             |
| <b>3</b> | <b>RECOVER, RETURN TO EXERCISE &amp; TRAINING</b> <ul style="list-style-type: none"> <li>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.</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"/>   |
| <b>4</b> | <b>RETURN TO FULL CONTACT TRAINING &amp; PLAY</b> <ul style="list-style-type: none"> <li>i. request from the player or family member/guardian to see the Australian Concussion Rugby Referral &amp; Return Form.</li> <li>ii. check section 3 has be completed by the medical doctor, and confirmation that they have fully recovered from concussion.</li> <li>iii. present a copy of this form to the Competition Manager to approve and record ‘release’ in Rugby Link allowing the player to return to full contact training and play.</li> </ul> | <input type="checkbox"/><br><input type="checkbox"/><br><input type="checkbox"/> |

Detailed guidance on how to manage concussion can be found at <http://www.aru.com.au/concussion>

*\*As of 5 April 2017*