

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 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 you the player meet their obligations and requirements relating to the Management of Concussion in Australian Rugby.

STEPS	ACTIONS	✓
1	RECORD <ul style="list-style-type: none"> i. receive the Australian Rugby Concussion Referral and Return Form and Australian Rugby Head Injury Form from your Club or School Team Official. ii. review section 1 of the Australian Rugby Concussion Referral and Return Form has been completed. iii. read and follow the player information on the Australian Rugby Head Injury Form. 	<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 the Australian Rugby 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 (G RTP) 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 the Australian Rugby Head Injury Form. ii. present a copy of the completed Australian Rugby Head Injury Form to the Club or School Team Official as evidence to approve a return to full contact training and play. 	<input type="checkbox"/> <input type="checkbox"/>

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