

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	✓
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 Link as part of post-match tasks. 	<input type="checkbox"/> <input type="checkbox"/>
2	REFER <ul style="list-style-type: none"> i. complete section 1 of the Australian Rugby Concussion Referral and Return Form. ii. provide the Australian Rugby Concussion Referral and Return Form and Australian Rugby Head Injury Form to the player or family member/guardian. 	<input type="checkbox"/> <input type="checkbox"/>
3	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 the *Australian Concussion Rugby Referral & Return Form. ii. check section 3 has been 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 Link 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 INDEFINATELY 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 <http://www.aru.com.au/concussion>

**As of 15 June 2017*