

# NRL Community Head Injury/Concussion Medical Clearance



The NRL takes player welfare and safety including concussion seriously. Any player removed from the field of play with a suspected concussion MUST be assessed by a medical practitioner (doctor) as soon as possible to determine if they have sustained a concussion or not. If the player has been assessed and it is determined that they have sustained a concussion, they MUST follow the Return to Sport (RTS) Strategy for their age and undergo a final consultation to clear the player medically fit before resuming unrestricted training and match play. It is strongly recommended that the same medical practitioner (doctor) performs all the assessments on a player for each head injury/concussion episode/presentation.

**Your role as the treating Medical Practitioner (doctor) is to assess the player and guide their Return to Sport strategy if they are deemed to have sustained a concussion.** Detailed information for you as the treating Medical Practitioner (doctor) can be found at <https://www.playrugbyleague.com/medical-practitioner/>

## Minimum timeframes to Return to Sport (RTS)

- Adults (19 years and over):** 11 days. The earliest a player can be made available for team selection is on the 11<sup>th</sup> day after sustaining a concussion and only after all symptoms have resolved and the player has been cleared to play by a medical professional. *Please note: The date of injury is day 0.*
- Children and adolescents (18 years and younger):** 19 days. The earliest a player can be made available for team selection is on the 19<sup>th</sup> day after sustaining a concussion and only after all symptoms have resolved and the player has been cleared to play by a medical professional. *Please note: The date of injury is day 0.*

## INITIAL ASSESSMENT – Player CLEARED of Concussion: To be completed by the treating Medical Practitioner (doctor):

I have cited the signs and symptoms record (pg 1 and 2 of this form) Yes ☐ No ☐ and examined

..... following a head injury sustained on .....

Based on my assessment I declare them medically fit to return to unrestricted training and match play.

Practitioner Name: ..... Date: .....

Signed: .....

Medical Stamp

## INITIAL ASSESSMENT – Player DIAGNOSED with Concussion: To be completed by the treating Medical Practitioner (doctor):

I have cited the signs and symptoms record (pg 1 and 2 of this form) Yes ☐ No ☐ and examined

..... following a head injury sustained on .....

Based on my assessment I confirm that they have sustained a concussion.

Practitioner Name: ..... Date: .....

Signed: .....

Medical Stamp

## FOLLOW UP ASSESSMENT – Player Cleared to Play following Concussion: To be completed by the treating Medical Practitioner (doctor):

I have cited the signs and symptoms record (pg 1 and 2 of this form) Yes ☐ No ☐ and examined

..... and based on my assessment I declare them medically fit to return to

unrestricted training and match play following the head injury sustained on .....

Practitioner Name: ..... Date: .....

Signed: .....

Medical Stamp