



# Concussion and Return to Play Protocols

CRRL Accreditations Personnel - [tgiggins@raiders.com.au](mailto:tgiggins@raiders.com.au)



**Step 1:** An **adult** (19 years and older) has been involved in an incident causing a potential concussion

## Step 2

Remove the player from the field of play. \*This player cannot return back to the field of play

## Step 3

Speak to the player about the incident whilst completing the **CRRL Trainers Concussion Referral Form**

## Step 4

Email a photo of the completed form to CRRL. Input the concussion on MySideline through the **Injury Reporting System** so the player's profile is 'unavailable'

## Step 5

Give the player the completed form to be referred onto a Doctor for further assessment

## Step 6

Player goes to see Doctor as soon as possible (same day preferably)

\*Day 1 commences the day after the suspected concussion injury occurs. \*Each step of the GRTS process takes 24 hours of concussion symptom free. The sooner the player sees a Doctor initially, the quicker the player can commence the GRTS process.

- When the player sees the Doctor (GP) as soon as possible after obtaining a suspected concussion, and the Doctor (GP) clears the player of a suspected concussion and the player can resume to full contact training. Doctor needs to sign form and then the player must return completed, signed clearance form to the trainer at the team's next training session. Trainer will then email a photo to CRRL of the completed, signed, clearance form from Doctor, so the player can be made 'available' for team selection.
- Doctor (GP) identifies the player has obtained a concussion. Doctor needs to sign the form that signs of a concussion have been identified. The player must then pass this information onto their trainer who will inform the CRRL of the confirmed concussion. The player will now start the Gradual Return to Sport (GRTS) process.

## Day 1 & 2 of the GRTS process

24-48 hours of complete mental and physical rest

## Day 3

Symptom-limited activities including daily activities that do not provoke symptoms

## Day 4

Light aerobic exercise such as: walking or stationery cycling at slow to medium pace (no resistance/weight training permitted)

## Day 5

Sport specific exercise, such as: running drills (no head impact activities)

## Day 6

Non-contact training drills, such as: progression to more complex training drills like passing football (may start progressive resistance training)

## Day 7

Player returns to the Doctor to get the form completed and signed to be cleared to return to full contact rugby league training. Once the form is completed the second time by the Doctor, the form needs to be sent to the team's trainer who will then email the form to CRRL, so the player can be made 'available' for team selection

## Day 8 & 9

Player to participate in full contact rugby league training activities (following medical clearance)

## Day 10

Player is 24 hours of symptom free post contact training

## Day 11

Player is cleared to return to play rugby league

\*If an **adult** wishes to participate in a game of rugby league in less than the **11 day** stand down period (above), this player requires a written clearance from a specialist concussion Doctor (i.e. Neurologist, Neurosurgeon, Sport & Exercise Physician).

**\*Players who do not return the paperwork will not be permitted to participate.**

\*If the player experiences any signs or symptoms of delayed concussion during the GRTS process, the player is delayed by 24 hours and goes back to the previous step. If this occurs after the player has participated in full contact rugby league training (Day 9, 10 or 11), the player is to return to the Doctor and seek professional medical advice and further clearance.



# Concussion and Return to Play Protocols

CRRL Accreditations Personnel - [tgiggins@raiders.com.au](mailto:tgiggins@raiders.com.au)



**Step 1:** A **child/adolescent** (18 years and younger) has been involved in an incident causing a potential concussion

**Step 2**

Remove the player from the field of play. \*This player cannot return back to the field of play

**Step 3**

Speak to the player about the incident whilst completing the **CRRL Trainers Concussion Referral Form**

**Step 4**

Email a photo of the completed form to CRRL. Input the concussion on MySideline through the **Injury Reporting System** so the player's profile is 'unavailable'

**Step 5**

Give the player the completed form to be referred onto a Doctor for further assessment

**Step 6**

Player goes to see Doctor as soon as possible (same day preferably)

\*Day 1 commences the day after the suspected concussion injury occurs. \*Each step of the GRTS process takes 24 hours of concussion symptom free. The sooner the player sees a Doctor initially, the quicker the player can commence the GRTS process.

- a.** When the player sees the Doctor (GP) as soon as possible after obtaining a suspected concussion, and the Doctor (GP) clears the player of a suspected concussion and the player can resume to full contact training. Doctor needs to sign form and then the player must return completed, signed clearance form to the trainer at the team's next training session. Trainer will then email a photo to CRRL of the completed, signed, clearance form from Doctor, so the player can be made 'available' for team selection.
- b.** Doctor (GP) identifies the player has obtained a concussion. Doctor needs to sign the form that signs of a concussion have been identified. The player must then pass this information onto their trainer who will inform the CRRL of the confirmed concussion. The player will now start the Gradual Return to Sport (GRTS) process.

**Day 1 & 2** of the GRTS process

24-48 hours of complete mental and physical rest

**Day 3**

Player can perform daily activities at home

**Day 4**

Player can perform school activities at home

**Day 5**

Player can return to school part-time

**Day 6**

Player can return to school full-time

**Day 7**

Symptom-limited activities including daily activities that do not provoke symptoms

**Day 8**

Light aerobic exercise such as: walking or stationery cycling at slow to medium pace (no resistance/weight training permitted)

**Day 9**

Sport specific exercise, such as: running drills (no head impact activities)

**Day 10**

Non-contact training drills, such as: progression to more complex training drills like passing football (may start progressive resistance training)

**Day 11**

Player returns to the Doctor to get the form completed and signed to be cleared to return to full contact rugby league training. Once the form is completed the second time by the Doctor, the form needs to be sent to the team's trainer who will then email the form to CRRL, so the player can be made 'available' for team selection

**Day 12 & 13**

Player to participate in full contact rugby league training activities (following medical clearance)

**Day 14**

Player is 24 hours of symptom free post contact training

**Day 15**

Player is cleared to return to play rugby league

\*If a **child/adolescent** wishes to participate in a game of rugby league in less than the **14 day** stand down period (above), this player requires a written clearance from a specialist concussion Doctor (i.e. Neurologist, Neurosurgeon, Sport & Exercise Physician).

**\*Players who do not return the paperwork will not be permitted to participate.**

\*If the player experiences any signs or symptoms of delayed concussion during the GRTS process, the player is delayed by 24 hours and goes back to the previous step. If this occurs after the player has participated in full contact rugby league training (Day 13, 14 or 15), the player is to return to the Doctor and seek professional medical advice and further clearance.