



Concussion and Return to Play Protocols/Checklist

Senior Protocols - Players 19+

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STEP 1



A player has been involved in an incident causing a potential concussion.

STEP 2



Remove the player from the field of play. *This player cannot return to the field of play for the remainder of the game.

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 CRRL Trainers Concussion Referral Form to CRRL (email above). The trainer must also now input the concussion on MySideline through the **Injury Reporting System**, so the player is automatically made 'unavailable' for team selection until cleared/notified.

STEP 5



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

STEP 6



The player goes to see a Doctor. *The player must see the Doctor for further assessment **AS SOON AS POSSIBLE** after the potential concussive event occurs (preferably the Sunday, Monday, Tuesday, or Wednesday). CRRL understand it may be difficult to book a Doctor's appointment depending on where you are located.

STEP 7 SCENARIO #1



The player is assessed by the Doctor as soon as possible after the possible concussive event. The Doctor clears the player as no concussion is suspected or occurred. The



Doctor completes the second side of the CRRL Concussion Referral Form, and signs to say no concussion has occurred.

The player then returns the completed form to the club trainer, who will send a photo of the completed form to CRRL (email above) – this is when the player is made ‘available’ for team selection. The player can resume to full contact training. In this scenario, this is the final step of the process. *If the player has been seen by a Doctor and cleared on or before Tuesday, the player can participate in training on Tuesday evening. However, if the player fails to be cleared by a Doctor on or after Wednesday, the player cannot participate in training on Tuesday evening.

STEP 7 SCENARIO #2



The player is assessed by the Doctor, who identifies that the player did obtain a concussion. Doctor must sign the CRRL Concussion Referral Form to identify that a concussion has occurred. 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, as outlined below.

STEP 8 – DAY 1 & 2 OF GRTS



The player can participate in 24-48hrs of complete mental and physical rest. *Day 1 commences the day after the suspected concussion occurs. Each step of the GTRS 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.

STEP 9 – DAY 3 OF GRTS



The player can participate in symptom-limited activities, including daily activities that do not provoke symptoms.

STEP 10 – DAY 4 OF GRTS



The player can participate in light aerobic exercise such as; walking or stationary cycling at slow to medium pace (no resistance/weight training permitted).

STEP 11 – DAY 5 OF GRTS



The player can participate in sport specific exercise such as; running drills (no head impact activities).



STEP 12 – DAY 6 OF GRTS



The player can participate in non-contact training drills such as; progression to more complex training drills such as passing the football (may start progressive resistance training).

STEP 13 – DAY 7 OF GRTS



The player must return to see the same Doctor to get the CRRL Concussion Referral Form completed and signed for the player to be cleared to return to participate in full contact rugby league training. Once the form is completed the second time by the Doctor, the form must be sent to the team's trainer who will then email the form to CRRL. Then the player will be made 'available' for team selection.

STEP 14 – DAY 8 & 9 OF GRTS



The player to participate in full contact rugby league training activities (following medical clearance).

STEP 15 – DAY 10 OF GRTS



The player is 24 hours symptom free post contact training.

STEP 16 – DAY 11 OF GRTS



The 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 and Exercise Physician).

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

*If the player experiences 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.