

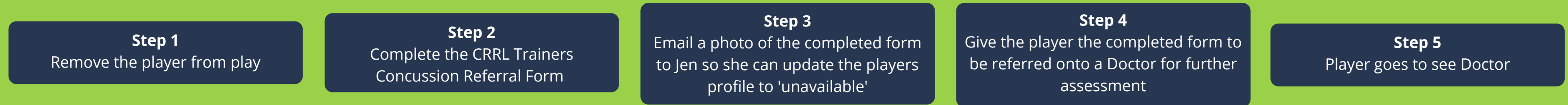


# Concussion and Return to Play Protocols

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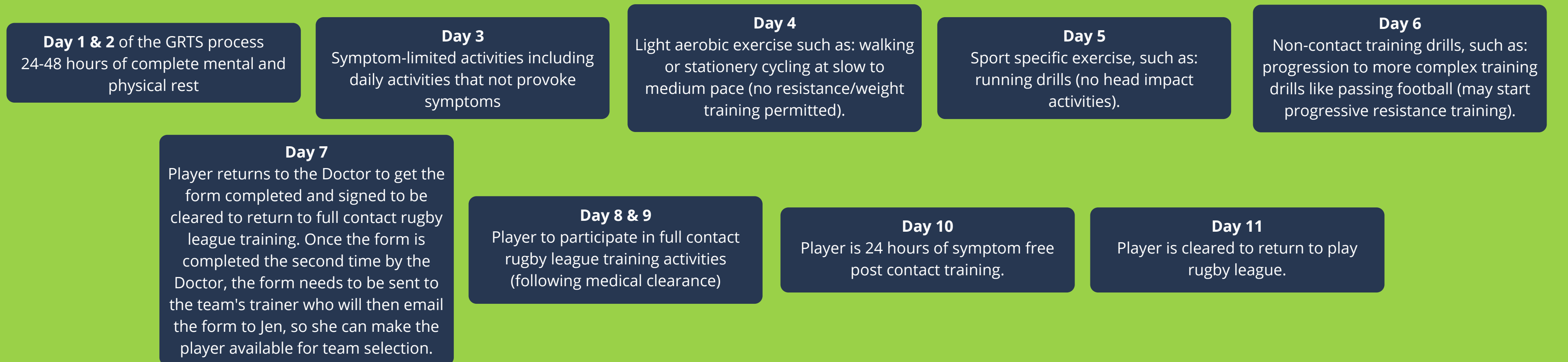
An **adult** (19 years and older) has been assessed by the sports trainer and a concussion has been suspected:



**Option A:** 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 Jen of the completed, signed, clearance form from Doctor, so she can make the player available for team selection.

**Option B:** the 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 will now start the Gradual Return to Sport (GRTS) process. The sooner the player sees a Doctor, if a concussion is suspected, the quicker the player can commence the GRTS process.

\***Day 1** commences the day after the concussion injury occurs. \*Each step of the GRTS process takes 24 hours of concussion symptom free.



\*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 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.

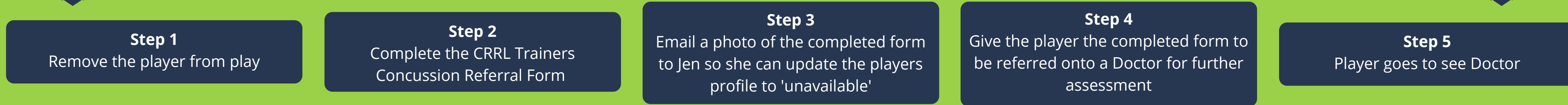


# Concussion and Return to Play Protocols

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A **child/adolescent** (18 years and younger) has been assessed by the sports trainer and a concussion has been suspected:



**Option A:** 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 Jen of the completed, signed, clearance form from Doctor, so she can make the player available for team selection.

**Option B:** the 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 will now start the Gradual Return to Sport (GRTS) process. The sooner the player sees a Doctor, if a concussion is suspected, the quicker the player can commence the GRTS process.

\***Day 1** commences the day after the concussion injury occurs. \*Each step of the GRTS process takes 24 hours of concussion symptom free.



\*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 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.