

## *Blue Card and your club*



### *What is new?*

The 'Rugby AU' Concussion Procedure

**NO!**

The Blue Card

**YES!**

So lets get some clarity around the Blue Card and what it means!

# *Blue Card and your clubs*



## **Why has the blue card been introduced?**

- As a on field visual awareness tool to assist recognizing the Rugby AU's concussion process has been put in place
- Indicating that the player 'Blue carded' will play no further part in the fixture for their own good and has a suspected concussion
- Issuing a Blue Card triggers an **off-field process** where the player must be cleared to return to play by a doctor (having followed the concussion process).

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What is the Process triggered by the card?

On Match Day....

**RECOGNISE**  
**REMOVE**  
**RECORD**  
**REFER**

Following Days....

**REST**  
**RECOVER**  
**RECORD**  
**RETURN**

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## Steps 1– RECOGNISE –

- The referee of the game, or anyone else at the field (e.g. scorer/timekeeper, coach or first aider) who identifies signs or symptoms of concussion must act and make the referee aware of it.

## Step 2 – REMOVE -

- The player must be removed from the field for a suspected concussion. This is facilitated through the referee, working in collaboration with anyone else on the field representing the team whose player has a suspected concussion ie. Water runners or team medical staff

- *Note :-*

*In U13 and older games, the referee will show a blue card.*

*In U12 and below games, no blue card is shown, but the process is the same.*

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**Step 3 – RECORD** – The Coach / Team Manager will ensure –

- That the suspected concussion is documented on app or team sheet and verified by the Match Official at the end of the game, along with any other cards
- That the player may not play again and must be seen by a Doctor within 72 hours of injury.
- That the documentation is sent to the appropriate Competition Manager for recording.(ie. Rugbylink)

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## Step 4 – REFER –

- The Coach or Team Manager or first aider will provide the injured player and/or their parent/guardian/teacher with a link or a copy [Rugby Australia Head Injury Fact Sheet](#) and [Rugby Australia Concussion Referral and Return Form](#).
- They should check with the referee that the correct signs and symptoms are selected on the Concussion Referral and Return Form.
- Blue carded player must present themselves to a Doctor for diagnosis in 72 hours of Blue card. Earlier if symptoms are acute.

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## Rugby AU Concussion Management Procedure

### Rugby Australia Concussion Referral and Return Form

SECTION 1 - PLAYER DETAILS <small>(please print clearly)</small>	
<small>TEAM OFFICIAL TO COMPLETE (Manager, Coach or First Aid / Medical Officer) BEFORE PRESENTING TO MEDICAL DOCTOR REVIEWING THE PLAYER</small>	
Name of player:	Date of Birth:
Club/School:	Competition/State:
Dear Doctor,	
This rugby player has presented to you today because they were injured on (day & date of injury) _____ in a (game or training session) _____ and <b>suffered a potential head injury or concussion.</b>	
<b>The injury involved: (select one option)</b>	Direct head blow or knock <span style="float: right;"><input type="checkbox"/></span>
	Indirect injury to the head e.g. whiplash injury <span style="float: right;"><input type="checkbox"/></span>
	No specific injury observed <span style="float: right;"><input type="checkbox"/></span>
The subsequent signs or symptoms were observed (Please select one or more) Consult the referee if no signs and symptoms were observed by team official personnel	
Loss of consciousness: <input type="checkbox"/> Disorientation: <input type="checkbox"/> Incoherent Speech: <input type="checkbox"/> Confusion: <input type="checkbox"/> Memory Loss: <input type="checkbox"/> Dazed or Vacant Stare: <input type="checkbox"/> Headache: <input type="checkbox"/> Dizziness: <input type="checkbox"/>	Difficulty Concentrating: <input type="checkbox"/> Sensitivity to light: <input type="checkbox"/> Ringing in the ears: <input type="checkbox"/> Fatigue: <input type="checkbox"/> Vomiting: <input type="checkbox"/> Blurred vision: <input type="checkbox"/> Loss of balance: <input type="checkbox"/> Other: _____
Is this their first concussion in the last 12 months? (Please Circle)      YES      NO If NO, how many concussions in the last 12 months: _____	
Name:	Signature:      Role:      Date:
<b>PLAYER or PARENT / LEGAL GUARDIAN CONSENT (for players under 18 years of age)</b>	

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## Rugby AU Concussion Management Procedure

### SECTION 2 - INITIAL CONSULTATION – MEDICAL DOCTOR

Rugby Australia takes concussion seriously and its default position is that all players who have suffered a concussion or a suspected concussion must be treated as having suffered concussion.

The player has been informed that they must be referred to a medical doctor. Your role as a medical doctor is to assess the player and guide their progress over the remaining steps in the process.

Detailed guidance for you, the medical doctor, on how to manage concussion can be found in Rugby Australia's Concussion Management Medical Doctor information at <http://rugbyaustralia.com.au/concussion>

Please note, any player who has been diagnosed showing signs and symptoms of concussion MUST follow the Graduated Return to Play (G RTP) programme.

**ADULTS AGED 19 AND OVER – the MINIMUM period before RETURN TO PLAY is 12 days**  
**CHILDREN AND ADOLESCENTS AGED 18 AND UNDER – the MINIMUM period before RETURN TO PLAY is 19 days**

I have assessed the player and I have read and understood the information above and confirm I have read Rugby Australia's Concussion Management Medical Doctor Information. ...

DOCTORS NAME:	
SIGNED:	
DATE:	

### SECTION 3 - CLEARANCE APPROVAL – MEDICAL DOCTOR

DOCTOR TO COMPLETE (please print clearly)

I (Doctor's Name) \_\_\_\_\_ have reviewed \_\_\_\_\_ (players name) today and based upon the evidence presented to me by them and their family / support person, and upon my history and physical examination I can confirm:

- I have reviewed Section 1 of this form and specifically the mechanism of injury and subsequent signs and symptoms
- The Player has undertaken the age specific mandatory rest period
- The Player has completed steps 2, 3 and 4 of Rugby Australia's Graduated Return to Play process without evoking any recurrence of symptoms
- The Player has returned to school, study or work normally and have no symptoms related to this

I also confirm that I have read Rugby Australia's Concussion Management Medical Doctor document - <http://rugbyaustralia.com.au/concussion>

I therefore approve that this player may return to full contact training (Stage 5 of the Graduated Return to Play) and if they successfully complete this without recurrence of symptoms, the player may return to playing Rugby.

Doctors Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

AS OF 17 JANUARY, 2018



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## **Step 5 and 6 – Rest, Recover & Return to Exercise**

- This is conducted by the player under the guidance of their doctor.

## **Step 7 – Record & Return to Contact Training**

- Once section 3 of the Concussion Referral and Return Form is complete it shall be returned to the Competition Manager (where the player is registered with a club) for entry on RugbyLink and to the school is required.

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