



# 2020 COMMUNITY CONCUSSION PROTOCOLS

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## NSWRL HEAD INJURY ASSESSMENT AND RETURN TO PLAY PROCEDURES



### NSWRL – COMMUNITY HEAD INJURY FLOWCHART



THE FOLLOWING PROCESS SHOULD BE FOLLOWED ON GAME DAY BY GROUND MANAGERS AND SPORTS TRAINERS

#### BEFORE GAMES COMMENCE

1. NIL ON FIELD REQUIREMENTS ARE MET
2. HEAD TRAINERS HAVE SIGNED THE GAME SHEET
3. TRAINERS QUALIFICATIONS HAVE ALL BEEN CHECKED
4. GAMES CAN START

#### DURING GAME – SPORTS TRAINER

1. HEAD INJURY IDENTIFIED
2. PLAYER REMOVED FROM FIELD
3. PLAYER NOT TO RETURN TO PLAY
4. PROVIDE PATIENT CARE
5. FORMS REQUIRED

FORMS TO BE COMPLETED AND GIVEN TO PARTICIPANT / PARTICIPANTS PARENT OR CARER

#### FORM 1 - HEAD INJURY RECOGNITION AND REFERRAL FORM

Both sides of this form should be completed by the Sports Trainer in charge of patient care and this form should be given to the participant to present to their Doctor for examination

#### FORM 2 - CONCUSSION ASSESSMENT FORM

This form should be given to the participant, along with their Head Injury Recognition and Referral Form for completion by their Doctor. THIS FORM, ONCE COMPLETED BY THE PARTICIPANTS DOCTOR, MUST BE RETURNED TO THE PLAYERS CLUB ASAP

#### DURING GAME – GROUND MANAGER / TEAM STAFF

1. FREE INTERCHANGE FOR PLAYER
2. GROUND MANAGER / TEAM MANAGER TO RECORD HIS ON SIGN ON SHEET
- LEAGUE ADMINISTRATOR TO MARK PLAYER UNAVAILABLE FOR SELECTION UNTIL CLEARANCE FORMS ARE RETURNED

#### PARENT / CARER

1. PATIENT TAKEN TO DOCTOR ASAP WITH HEAD INJURY RECOGNITION AND REFERRAL FORM (FORM 1)
2. FOLLOW UP DOCTORS ASSESSMENT WITHIN 48 HOURS WITH CONCUSSION ASSESSMENT FORM (FORM 2)

#### PATIENT IS

##### CLEARED OF CONCUSSION

1. CONCUSSION ASSESSMENT FORM (FORM 2) RETURNED TO CLUB AND LEAGUE ADMINISTRATOR
2. PLAYER MARKED AVAILABLE FOR SELECTION BY LEAGUE ADMINISTRATOR AND CLEARED TO PLAY NEXT MATCH

##### DIAGNOSED WITH CONCUSSION

1. MANDATORY 14 DAY RETURN TO CONTACT TRAINING PERIOD
- ONCE THE 14 DAY RETURN TO CONTACT PERIOD HAS BEEN SUCCESSFULLY COMPLETED, A RETURN TO PLAY CLEARANCE FORM (FORM 3) - AVAILABLE ON [WWW.RUGBY.COM.AU](http://WWW.RUGBY.COM.AU) NEEDS TO BE COMPLETED BY DOCTOR AND RETURNED TO CLUB AND LEAGUE ADMINISTRATOR
3. 2 DAY CONTACT TRAINING PERIOD IS COMPLETED SYMPTOM FREE
4. CLEAR TO PLAY NEXT MATCH - MINIMUM 16 DAY STAND DOWN COMPLETE AND RETURN TO PLAY ON DAY 17

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### Match Day Head Injury Assessment Procedures

1. Concussion On-field Assessment Procedures - Head Sports Trainer/First Responder Roles
2. Head Injury Assessment Procedures (Clubs and Players)
3. Immediate Post-Match Requirements and Delayed Concussion Procedures

### Return to Play Procedures

4. Mandatory Stand Down Periods
5. Return to Play

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### Why?

The safety and protection of our children

Coronial Inquest

Secondary Impact Syndrome

Game Custodianship / CTE

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### What has changed – SNAPSHOT

1. Reporting and Documentation
2. Participants **MUST** see a Doctor immediately following a head knock
3. The Minimum length of time to Return to Play
4. The addition of a Unavailable for Selection / CONCUSSION Button to a players Mysideline profile



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Concussion On-field Assessment Procedures - Head Sports Trainer / First Responder Roles

ALL SPORTS TRAINERS ARE AWARE OF THEIR OBLIGATIONS UNDER THE NSWRL ON FIELD POLICY and THE LEAGUES RESPECTIVE CONCUSSION POLICIES.

They are trained to recognise and respond to potential instances of concussion.

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Ground Managers need to be aware of minimum requirements for Sports Trainers under the NSWRL On Field Policy:

AGE	MINIMUM PERSONNEL REQUIRED	MINIMUM ACCREDITATION REQUIRED
U6-7	One (1) x First Responder for up to four (4) matches being played on an International Field.	<ul style="list-style-type: none"><li>• League First Aid; or</li><li>• NRL Level 1 Sports Trainer; or</li><li>• NRL Level 2 Sports Trainer</li></ul>
U8-9	One (1) x First Responder for up to three (3) matches being played on an International Field.	
U10-12	One (1) x First Responder per match	
U13-15	One (1) x First Responder per team for each match.	
U16+	One (1) x First Responder per team for each match.	



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Ground Managers must not allow any Match's to commence unless these requirements have been met, and they have checked the qualifications of Sports Trainers present for teams.

Any player with a suspected concussion should be immediately removed from the field of play, and **MUST NOT RETURN** to play.

**WHEN IN DOUBT THE PLAYER SHOULD BE REMOVED FROM THE FIELD AND REFERRED TO A DOCTOR FOR A FOLLOW-UP ASSESSMENT. IF THE PLAYER NEEDS IMMEDIATE MEDICAL TREATMENT AN AMBULANCE SHOULD BE CALLED URGENTLY.**

## Head Injury Assessment Procedures (Clubs and Players)

Once removed from the field with a suspected concussion, the Sports Trainer must complete an NSWRL Community Head Injury Recognition and Referral Form for the player, as well as a NSWRL Community Rugby League Concussion Assessment Form. These documents provide information for the follow up assessment with a doctor, and a clearance to return to the game, should a Doctor determine NO concussive event has taken place.

**The player MUST NOT RETURN to the field of play on that day and MUST REPORT TO A DOCTOR AS SOON AS POSSIBLE FOR FURTHER ASSESSMENT**

Players removed from the field with a suspected concussion are exempt from interchange quotas.

Team Managers, Sports Trainers and Ground Managers must ensure all players removed from the field are **marked on Team Sheets with "HIA"** which indicates a follow up assessment is required by the player.

Head Sports Trainers and Ground Managers are to ensure a copy of the players NSWRL Community Head Injury Recognition and Referral Form is sent to the Leagues Administrator.

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### POST MATCH

- a) Sports Trainer review regarding ongoing symptoms;
- b) Assign the Player to the care of a responsible adult;
- c) Give the care giver the completed NSWRL Community Head Injury Recognition and Referral Form along with the NSWRL Community Rugby League Concussion Assessment Form and advise the care giver to take the player directly to a Doctor or Hospital and monitor the Player until he or she has been assessed by a Doctor;
- d) Advise the carer of the warning signs and symptoms of deterioration;
- e) Advise the carer (and the participant) that the player must avoid alcohol and non-steroidal anti-inflammatory medication for at least 24 hours;
- f) Following a concussive episode, the Player should not be allowed to drive that day. Alternate transport needs to be arranged.

THESE ARE ALL THINGS THE SPORTS TRAINER ARE TRAINED TO DO

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The NSWRL Guidelines for Management of Concussion in Rugby League are available at [www.playrugbyleague.com](http://www.playrugbyleague.com). Please note NSWRL adopts a 48hr progression (not 24hrs) of each 6 stages of the return to play guide.

Any player deemed to have suffered a concussive injury will not be allowed to participate in any contact training until the end of the 14 day stand down period and the Return to Play procedure is completed successfully. A two day contact training period MUST then be completed symptom free before returning to matches.

It is the club's responsibility to ensure that the player takes the NSWRL Community Rugby League Return to Play Clearance Form to the doctor and either the doctor or player must return the form back to the club, who in turn will send through to the local league administrator prior to player being able to take the field. Once completed, the local League administrator will remove the **SUSPENDED CONCUSSION** icon from a players record.

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### Within the Following Week

A follow-up evaluation must be conducted by a doctor within 48 hours of the initial head injury assessment by a doctor. **All players returning to matches must complete and submit a NSWRL Community Rugby League Concussion Assessment Form within 3 business days of the game** to their local League Administrator. Failure to submit this documentation within the required timeframe will result in the player being subject to the Mandatory 14 day stand-down period (Return to contact training) as outlined below.

Only a Doctor can clear a player to return to training and play after a concussion.

Numerous failed HIA's may result in the NSWRL Chief Medical Officer requesting further analysis.

## Mandatory Stand Down Periods

### First Concussion: Mandatory Stand Down Period

- a. **14 days no contact** training. Day 1 starts the day after the concussion occurred, over these 14 days, the Graduated Return to Sport (GRTS) program as outlined in section 5 of the NSWRL Head Injury Assessment and Return to Play Procedures
- b. To proceed to contact training on day 15 the player must have obtained a medical clearance from a Doctor (GP is sufficient) via the NSWRL Community Rugby League Return to Play Clearance Form. If the medical clearance is not obtained the player cannot proceed to contact training stage or matches until received.
- c. Day 15 - allowed to return to contact training providing the NSWRL Community Rugby League Return To Play Clearance Form has been completed by a Doctor
- d. Day 17 - if the return to play protocols are complete and verified and the player is symptom free for the 24hrs post contact training the player can return and participate in a match 17 days after the concussion occurred.