

NSWRL – COMMUNITY HEAD INJURY RECOGNITION AND REFERRAL FORM



A. GENERAL INFORMATION

Player Name Age Club

Examiner Name Examiner Qualifications

Date Half Approx. time in Half Position of Player

B. STRUCTURAL HEAD OR NECK INJURY

1. Are there clinical features of a potentially serious or structural head and / or neck injury, including prolonged loss of consciousness (>1 minutes) requiring urgent and emergency hospital transfer? YES NO

C. REMOVAL FROM PLAY

Players MUST be removed permanently from play if any of the following are observed by anyone; including coaches, parents and other players

	YES Observed Directly	YES Reported	NO
2. Loss of consciousness (or prolonged loss of movement of >1-2 seconds) or not responding appropriately to trainers, referees or other players	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. No proactive action in fall to ground (not bracing for impact / floppy or stiff)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Impact seizure / convulsion / fit (stiffening or shaking of arms and / or legs on impact)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Balance disturbance ² or clumsy (loss of control over movements) or slow to get up following a possible head injury (10-15 seconds)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Dazed or blank / vacant stare or not their normal selves / not reacting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Unusual behaviour for the player	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Confusion or disorientation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Memory impairment (e.g. fails Maddocks questions – refer CRT5 ¹)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Player reports or displays any other concussion symptoms (refer to CRT5 ¹)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

IMPORTANT TO REMEMBER

- Any player who is unconscious should be suspected of having a spinal cord injury and treated appropriately. This includes DRABCD (Danger, Response, Airway, Breathing, CPR, Defibrillation) and they should not be moved unless appropriately trained personnel are present.
- If the player has weakness or tingling / burning in the arms and / or legs, they should be treated as if they have a spinal injury and an ambulance called.
- A player with a facial injury after head trauma should be assessed for signs and symptoms of concussion.
- Players must be **HONEST** in reporting how they feel. Uncooperative behaviour by players should be considered a possible sign of concussion and result in their removal from play as a potential head injury.

¹ Refer to the NRL Concussion Management Guidelines on the Play NRL website: www.playnrl.com/concussion and use the Concussion Recognition Tool 5 (CRT5) <https://bjsm.bmj.com/content/51/11/872>.

² NOTE: 'Balance disturbance' is defined as when a player is unable to stand steadily unassisted or walk normally and steadily without support in the context of a possible head injury.

D. OUTCOME AND ACTION

If 'YES' is selected for Question 1 and ambulance must be called for immediate transfer to hospital

If 'YES' is selected for any of Questions 2-10, immediate removal from play and medical assessment³ are required

³ **A player who is removed from play with a suspected concussion MUST NOT return to play until formally cleared by a doctor. If any RED FLAGS listed in the CRT5 are present or there is any other concern – call an AMBULANCE.**

A PLAYER SUSPECTED OF HAVING SUSTAINED A CONCUSSION MUST NOT BE ALLOWED TO RETURN TO THE FIELD OF PLAY ON THE DAY OF THE INJURY EVEN IF THE SYMPTOMS RESOLVE. HE / SHE MUST BE SENT FOR MEDICAL ASSESSMENT IN THE CARE OF A RESPONSIBLE ADULT.

PLEASE REFER TO NEXT PAGE TO COMPLETE ASSESSMENT FOR PLAYERS REQUIRING MEDICAL REVIEW FOR SUSPECTED CONCUSSION

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Player Name Date

E. SYMPTOM RECORD

Complete based on how the player feels now (helpful for medical follow up).

A Parent should help answer the questions if the Player is 12 years old or younger.

	None	Mild		Moderate		Severe	
Headache	0	1	2	3	4	5	6
'Pressure in head'	0	1	2	3	4	5	6
Neck pain	0	1	2	3	4	5	6
Nausea or vomiting	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Blurred vision	0	1	2	3	4	5	6
Balance problems	0	1	2	3	4	5	6
Sensitivity to light	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Feeling slowed down	0	1	2	3	4	5	6
Feeling like 'in a fog'	0	1	2	3	4	5	6
'Don't feel right'	0	1	2	3	4	5	6
Difficulty concentrating	0	1	2	3	4	5	6
Difficulty remembering	0	1	2	3	4	5	6
Fatigue or low energy	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
More emotional	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6
Nervous or anxious	0	1	2	3	4	5	6
Trouble falling asleep (if applicable)	0	1	2	3	4	5	6

If you know the player (as ask parents / friends), how different is the player acting compared to his / her usual self?

No different	Very different	Unsure	N/A
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SIGNATURE OF EXAMINER

Signed Date Time completed

NSWRL require the injured player to be assessed by a Doctor as soon as possible after a head injury PRIOR to returning to a graduated structured training program.

POST CONCUSSION INJURY ADVICE – for person monitoring the injured player

- Recovery time from concussion is variable and signs and symptoms can evolve over minutes or hours
- If the player displays ANY of the following: vomiting, neck pain, severe or worsening headache, double vision, excessive drowsiness, convulsions, change in behaviour, loss of consciousness or weakness / tingling / burning in arms or legs; then call an ambulance or contact your doctor at the nearest emergency department **IMMEDIATELY**
- Rest (physical and mental) – including any training until medically cleared (at least 24-48 hours)
- **NO** alcohol until medically cleared
- **NO** driving until medically cleared
- **NO** medications such as sleeping pills, aspirin, anti-inflammatories or sedating / strong pain killer
- **Please take this completed form to your doctor to assist with the assessment – it is recommended that you book a long consultation with your doctor**

A FINAL consultation by a Doctor, to clear the player medically fit BEFORE full contact training and match play MUST be undertaken

It is preferable that the same doctor performs all the assessments (including initial and final clearance) if possible