

NSWRL Concussion Medical Clearance



To the NSWRL,

PlayerClub..... Grade.....

1. This player sustained a Head Injury whilst playing on (date)/...../.....
2. The nature of the head injury was as follows:
3. Player was unconscious at the ground YES NO (circle one)
4. Player was taken to Hospital YES NO (circle one)
5. Player was treated at the match by the attending doctor YES NO (circle one)
6. A Diagnosis has been made. YES NO (circle one)

The section above must be completed by the Orange Head Trainer or Physiotherapist and given to the player prior to them leaving the ground. The doctor in attendance has diagnosed the player with concussion which requires the player to be removed from the match and not permitted to return. The player must take this form to a doctor and requires it to be signed as a medical clearance in order to return to contact training and later play, following the Graduated Return to Play Steps (GRTPS). This is the only medical clearance form that will be recognised by the NSWRL in Major and Pathway Competitions. Players that are under 19 years (18 and under) of age must follow the GRTPS and cannot participate in a match in **under 14 days (return day 14) Players that are 19 years of age or over (19 and over) must follow the GRTPS and cannot participate in a match in **under 12 days** (return day 12)**

Head Trainers name

Signed

In order for the player to return to training and playing Rugby League, a Medical Clearance is required, please:

- Undertake a complete Neurological Examination and document this for your records
- Organise any test/s, investigations, referral or treatment which you deem necessary.
- Complete the Declaration below and keep a copy for your records.
- Has the player had his concussion base line test checked (if applicable)
- Give this completed Concussion Medical Clearance to the player.

CONCUSSION – IMPORTANT INFORMATION This document is to be returned by the player to his team manager. The document is then to be returned to the NSWRL, as per the NSWRL Concussion Policy, prior to full contact training (step 5 symptom free of the GRTPS) for the player then to be allowed to perform full contact training as per the GRTPS. This form must be returned to NSWRL prior to step 5 of the GRTPS using this email concussion@nswrl.com.au. A player cannot participate in a match if the above steps are not followed and the rest periods followed.

Declaration of Fitness to Full Contact Training (Must be completed as per the GRTPS – see below)

I have examined (player) on /...../..... and, having taken into account the nature, severity and circumstances of his/her recent head injury. By signing this document, I declare that the above player has completed the mandatory Graduated Return to Play Steps, as outlined below, and is now medically fit to return to full contact training. If the player remains symptom free they may then return to play after the minimum rest period outlined in the steps.

Signed:

Date:

Doctors Name:

Provider Number.....

Graduated Return to Play Steps (based on a players age):



Players that are under 19 years of age (under 19)

Gradual Return to Play Process: all steps must be symptom-free before moving to the next step and be monitored by a club medical staff member accordingly, for more detailed information please refer to the Guidelines for Management of Concussion in Rugby League.

- **Concussion Incident (determined by game day Doctor):** The player is deemed to be concussed at the match and did not return to play
- **Initial Rest Period: 48 hours minimum** from the time of the Head Injury Assessment (HIA) incident, unless advised more time is required by the Doctor accessing the player at the game

- **Step 1:** Symptom-limited activity

48 hours minimum

- **Step 2:** Light Aerobic Exercise

48 hours minimum

- **Step 3:** Rugby League Specific Exercise

48 hours minimum

- **Step 4:** Non-Contact Training with Resistance / Weight Training

48 hours minimum

For Pathway Competitions a doctor MUST sign-off, using the CSX Headguard tool, on the player's Return to Play (RTP Sign Off), in order to move to Step 5.

For Major Competition the same applies however a clearance MUST be done on the required NSWRL Concussion Medical Clearance. If the RTP sign-off is not completed in the required time frame, as per the Steps, then Step 5 will be delayed impacting when they can return to play (step 6). RTP sign off will only be accepted after step 4 and the rest period, this MUST be done or the player cannot play in the 14 days.

- **Step 5:** Full Contact Training

48 hours minimum

- **Step 6:** Return to Play

- **Player can only play on day 14**



Players that are 19 years of age or over (19+)

Gradual Return to Play Process: all steps must be symptom-free before moving to the next step and be monitored by a club medical staff member accordingly, for more detailed information please refer to the Guidelines for Management of Concussion in Rugby League.

- **Concussion Incident (determined by game day Doctor):** The player is deemed to be concussed at the match and did not return to play
- **Initial Rest Period: 24 hours minimum** from the time of the Head Injury Assessment (HIA) incident, unless advised more time is required by the Doctor accessing the player at the game
- **Step 1:** Symptom-limited activity
24 hours minimum
- **Step 2:** Light Aerobic Exercise
24 hours minimum
- **Step 3:** Rugby League Specific Exercise
24 hours minimum
- **Step 4:** Non-Contact Training with Resistance / Weight Training
24 hours minimum

For Pathway Competitions a doctor MUST sign-off, using the CSX Headguard tool, on the player's Return to Play (RTP Sign Off), in order to move to Step 5.

For Major Competition the same applies however a clearance MUST be done on the required Referral Form. If the RTP sign-off is not completed in the required time frame, as per the Steps, then Step 5 will be delayed impacting when they can return to play (step 6). RTP sign off will only be accepted after step 4 and the rest period, this MUST be done or the player cannot play in the 12 days.

- **Step 5:** Full Contact Training
24 hours minimum
- **Step 6:** Return to Play
- **Player MUST then wait till day 12 to be able to play in a match**