



Name: _____ School: _____ Activity: _____

Suspected concussion at: _____ Date: _____ Time: _____

This player has demonstrated one or more of the ticked signs or symptoms. This may suggest concussion.

Common Signs of Concussion (These can be observed)

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> Loss of consciousness. | <input type="checkbox"/> Seizures, fits or convulsing. | <input type="checkbox"/> Memory impairment/ amnesia. | <input type="checkbox"/> Slow to respond to instructions. |
| <input type="checkbox"/> Lying motionless for 5 sec or more. | <input type="checkbox"/> Confused or disorientation. | <input type="checkbox"/> Dazed, blank/ vacant stare. | <input type="checkbox"/> Other |
| <input type="checkbox"/> No protective action taken in fall. | <input type="checkbox"/> Inability to respond to questions. | <input type="checkbox"/> Personality/ behaviour changes. | |

Common Symptoms of Concussion (What the player reports)

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> Nausea/Vomiting | <input type="checkbox"/> Confusion | <input type="checkbox"/> Feeling fatigue, tired or drowsy | <input type="checkbox"/> Inability to process information. |
| <input type="checkbox"/> Headache, "pressure in head" | <input type="checkbox"/> Balance problems/ dizziness | <input type="checkbox"/> Memory Loss | <input type="checkbox"/> Feeling emotional |
| <input type="checkbox"/> Blurred vision | <input type="checkbox"/> Sensitive to light and/or noise | <input type="checkbox"/> Reduced ability to think clearly. | <input type="checkbox"/> Not feeling quite right "Fog" |

What Not To Do:

Your child must not:

- *Be left alone
- * Drink alcohol
- * Drive a car
- *Swim alone
- *Watch TV or play computer games
- *Take inflammatory medications or any pain killer stronger than Panadol unless instructed by your Healthcare Practitioner .

What To Do:

Follow the instructions on the back of this page.

Red Flag – Take your child to the nearest Emergency Department if these signs or symptoms appear or are getting worse in the first 48 hours.

- | | | |
|--|---|---|
| - Losing consciousness (even briefly),
deteriorating consciousness. | - Increasing nausea or repeated vomiting. | - Slurred speech. |
| - Seizure or convulsion | - Becoming drowsy or can't be woken up. | - Visible deformity of the skull. |
| - New headache or Severe or increasing
headache. | - Having any trouble walking | - Being more confused, unusual behaviour,
more irritable |
| - Ongoing or worse neck pain | - Blurry or double vision | |
| | - Weakness, numbness or tingling in the
arms, legs or face | |

Please contact your school for the following information:

- o School Concussion Officer:
- o School Recommended Medical Practitioner with experience in managing concussion.

NOTE: Rugby Australia (RA) require some additional procedures in the recording and liaising with the Medical Practitioner and RA. Your School's Rugby Coordinator/School Concussion Officer will give you RA's requirements.



Graded Return to Sport Framework Adopted by ISA



1. As Concussion is suspected, the player/student **must be examined by a Healthcare Practitioner asap**. **Inform school of diagnoses**. If diagnosis is **negative**: Student requires a written medical clearance to return to school and normal everyday activities, including sport.
2. If diagnosis is **positive**: Complete and deliberate rest for 48 hours - both cognitive and physical. This includes avoiding computer screens.
3. Proceed to the Graded Return to Sport Framework.

During the Recovery stage

* The temporary exacerbation of mild symptoms with exercise is acceptable, as long as the symptoms quickly resolve at the completion of exercise, and as long as the exercise-related symptoms have completely resolved before resumption of contact training.

* Persistent symptoms or deterioration of symptoms at any stage = REFER TO HEALTHCARE PROVIDE FOR REVIEW.

* Must be symptom free for 14 days (at rest) and reviewed by a Healthcare Practitioner before return to contact training, and not return to competitive contact sport until a minimum of 21 days from the time of concussion.

STAGE	TASK	BY WHOM	DATE COMPLETED
Day of Incident = Day 0	Recognise, remove from play, refer.		
REST = Symptomatic	Rest for 24-48 hours or until symptoms resolve. Symptom free at rest. Avoid training environment temporarily. Diagnosis of concussion by Healthcare Practitioner.		
Recovery Days 1 - 4	Resumption of activities of daily living (mild temporary symptoms are acceptable) <ul style="list-style-type: none"> - Return to learn, start graded return to school (consider modifying days/ hours or environment). - Marks Day 1 of 14 day symptom free (at rest). Light aerobic exercise <ul style="list-style-type: none"> - Short walks. Healthcare practitioner review recommended at day 3-4.		
Recovery Days 5 - 9	Working through each progression with 24 - 48 hours in between progressions. <ul style="list-style-type: none"> - Stationary Sport Specific skills with minimal head movements. - Moderate walk or stationary bike. - Introduction of Sport – Specific Skills involving Head Movements 		
Recovery Days 10 - 14	If tolerating previous steps with no significant exacerbation of symptoms working through each progression with 24 - 48 hours in between progressions. <ul style="list-style-type: none"> - Incorporation of resistance training if applicable. - Initiate sport specific training drills, increasing cardiovascular activities up to 80% HRmax. *No Contact or High Risk Activity - Initiate sport specific training drills, increasing cardiovascular activities up to 90% HRmax. *No Contact or High Risk Activity - Return to full capacity of school. 		
Check Point	14 Days Symptom Free Reviewed by Health Care Practitioner when symptom free for 14 days.		
Contact Training	Return to full contact training (Must be cleared by a healthcare practitioner to do so) <ul style="list-style-type: none"> - Return to competition simulation. 		
Return to Competition	Return to Competition not before Day 21 post concussive event and must have remained symptom free for at least 14 days.		