

Manawatu Rugby Union Concussion Policy 2017

Rugby is a physical contact sport played by many at a competitive and social level. While it is a sport that is enjoyed by many participants, there are some instances in which injuries, such as concussion, can occur.

The Manawatu Rugby Union recognises the importance of quality education around the area of concussion for players coaches, referees and volunteers in the game. This includes identification and rehabilitation of players in order for them to take the field.

It is essential that the appropriate steps to ensure that no player continues to play or returns to the field of play unless the appropriate clearance has been given by a medical specialist. Clubs/schools must ensure that they uphold a duty of care to the players within their environment and that they are at no stage put in a situation which may risk their long term well-being

The following policy will apply to any player who has, in fact, received a concussion whilst playing in a Manawatu Rugby Union administered competition.

- All coaches involved in any means of coaching must have completed the appropriate coaching course.
 - Small Blacks - U6 to U13
 - Rugby SMART - U14 to Senior 1

MRU will complete extensive checks to ensure that each team has coaches that have attended the appropriate course.

- Any concussion should be documented on a Serious Injury Report form and submitted to the Manawatu Rugby Union no later than 48 hours following the end of the game.
- Any player who has sustained a concussion shall take the required 21 day stand down (19 years and over) or 23 day stand down (Under 19) as outlined in the 'Graduated Return to play Guidelines', no player shall return prior to the mandatory stand down period.
- Any players who have sustained a concussion shall adhere to the 'Return to play guidelines'
- Manawatu Rugby Union is required to see a medical certificate for any adult rugby player returning to the game that plays Senior 1, Senior 2, Senior 3, President's or Women's grade under the Blue Card protocol.
- Manawatu Rugby Union may request a medical certificate prior to returning to play for any other player in any other grade competing in Manawatu Rugby Union competitions this includes Colts U21, Secondary School and Junior rugby grades.

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Blue Card

- Any player issued with a Blue Card in Senior 1, Senior 2, Senior Reserve, Women, President's grade shall be required to complete the Blue Card protocol and appropriate stand down period as outlined in the 'Graduated Return to play Guidelines' and provided MRU with a Medical Certificate prior to returning to game play.

Return to play Guidelines

Please note that these time frames are cumulative. Players should only proceed to Level 2 once they have completed Level 1 symptom free. No player should proceed to the next level until symptom free.

Level 1:

- 14 days (Days 0 – 14)
Complete mental and physical rest until symptoms have cleared

Level 2:

- 2 days (Days 15-16)
Once symptom free, light aerobic exercise such as walking or stationary cycling.

Level 3:

- 1 day (19 years and over) (Day 17)
- 2 days (Under 19 years) (Days 17-18)
Rugby specific exercise such as running or ball handling activities. NO head impact activities

Level 4:

- 1 day (19 years and over) (Day 18)
- 2 days (Under 19 years) (Days 19-20)
Non-contact training drills until medical clearance given, only if symptom free.

Level 5: (Medical Certificate Required prior to commencing Level 5)

- 2 days (19 years and over) (Days 19-20)
- 2 days (Under 19 years) (Days 21-22)
Medical Clearance first, then commence 2 days of full contact training

Level 6:

Return to play if symptom free and medical clearance received.

- 19 years and over (21+ days)
- Under 19 years (23+ days)