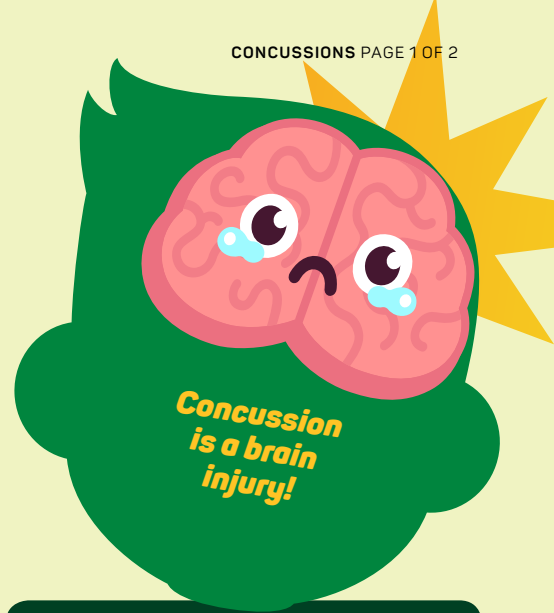


CONCUSSION MANAGEMENT



PREVENTION 5Es

- 1. EDUCATE** your team, club or school on concussions
- 2. ENFORCE** the laws, protocols and policies in your players
- 3. ENHANCE** your players' protection against concussion by preparing them properly for rugby
- 4. EQUIP** your players with the right information about what works and what does not
- 5. EVALUATE** your concussion prevention process and policies yearly to ensure that you remain up to date with what is expected at the time

IDENTIFICATION 6Rs

- 1. RECOGNISE** concussions
- 2. REMOVE** the player
- 3. REFER** them to a medical doctor to clear them of any complications, NOT for going back to rugby
- 4. REST** them according to their age-group requirements
- 5. RECOVER** until sign and symptom free
- 6. RETURN** them to play, once they have gone through the rugby specific return to sport process without any hiccups

MANAGEMENT MEDICAL CLEARANCE STEPS

- 1. Medical doctor clearance** of complications straight after event
- 2. Clearance to start GRTS** after age-appropriate stand-down period
- 3. Clearance to progress** to full contact after Stage 4 of GRTS

MADDOCKS' QUESTIONS

QUESTIONS YOU NEED TO ASK TO PLAYERS 13 YEARS OF AGE AND OLDER

- What venue are we at?
- What team are you playing?
- What half is it?
- Who scored last in this game?
- Who did you play last week/game?
- Did your team win the last game?

QUESTIONS YOU NEED TO ASK CHILDREN AGED 5 - 12

- Where are we now?
- Is it before or after lunch?
- What did you have last lesson/class? or Who scored last in this game?
- What is your teacher's/coach's name?

Where there is any hesitation, uncertainty or one cannot verify the information, have the player permanently removed from the game or training session, and suspect a concussion.

MONITORING: CONCUSSION REGISTER

1. Must be done by a responsible person at School or Club
2. Step by Step monitoring of progression through the rugby-specific GRTS
3. Recordal of medical steps and processes

SIGNS AND SYMPTOMS

WHAT YOU NEED TO LOOK FOR?

- Dazed, vacant or blank expression
- Lying motionless on the ground or very slow to get up
- Unsteady on feet
- Balance problems or falling over
- Poor coordination
- Loss of consciousness or lack of responsiveness
- Confused or not aware of plays or events
- Grabbing or clutching the head
- Convulsions
- More emotional or irritable

WHAT THE PLAYER MIGHT TELL YOU

- Headache
- Dizziness
- Confusion or feeling slowed down
- Struggling with or blurred vision
- Nausea or vomiting
- Fatigue
- Drowsy, feeling in a fog or difficulty concentrating
- A feeling of pressure in the head
- Sensitivity to light or noise
- Memory loss for events before, during or after the game or practice



| NAME OF PLAYER | SURNAME OF PLAYER | TEAM PLAYED FOR | DIVISION | AGE | DATE OF BIRTH | COACH | DATE OF CONCUSSION/SUSPECTED CONCUSSION | DATE OF MEDICAL ASSESSMENT TO RULE OUT COMPLICATIONS | NAME OF MEDICAL DOCTOR | COMPULSORY RECOVERY REST PERIOD USED | CLEARANCE RECEIVED TO ENTER GRADUATED RETURN TO PLAY PROCESS | DATE OF MEDICAL ASSESSMENT CLEARANCE RECEIVED | DATE OF COMPLETION OF GRTP | SIGNED OFF & ACKNOWLEDGED BY COACH | DATE RETURNED TO FULL MATCH PLAY |
|----------------|-------------------|-----------------|----------|-----|---------------|--------------|---|--|------------------------|--------------------------------------|--|---|----------------------------|------------------------------------|----------------------------------|
| Clint | Readhead | Senior Adult | d | 46 | May 14, 1970 | Dawie Snyman | August 1, 2016 | August 2, 2016 | Dr Jerome Mampane | 1 week | Yes | August 9, 2016 | August 13, 2016 | Yes | August 20, 2016 |