

NRL Community Head Injury/Concussion Medical Clearance



The NRL takes player welfare and safety including concussion seriously. Any player removed from the field of play MUST be assessed by a Medical Practitioner within 72 hours (3 days) after a head injury. If a player is not assessed within that time period, they will be required to adhere to the minimum standdown timeframe for their age. If the player has been assessed and it is determined that they have sustained a concussion, they MUST follow the Return to Sport (RTS) Strategy for their age and undergo a final consultation to clear the player medically fit before resuming unrestricted training and match play. It is strongly recommended that the same medical practitioner (doctor) performs all the assessments on a player for each head injury/concussion episode/presentation.

Your role as the treating Medical Practitioner (doctor) is to assess the player and guide their Return to Sport strategy if they are deemed to have sustained a concussion. Detailed information for you as the treating Medical Practitioner (doctor) can be found at <https://www.playrugbyleague.com/medical-practitioner/>

Minimum timeframes to Return to Sport (RTS)

- **Adults (19 years and over):** 11 days. The earliest a player can be made available for team selection is on the 11th day after sustaining a concussion and only after all symptoms have resolved and the player has been cleared to play by a medical professional. *Please note: The date of injury is day 0.*
- **Children and adolescents (18 years and younger):** 19 days. The earliest a player can be made available for team selection is on the 19th day after sustaining a concussion and only after all symptoms have resolved and the player has been cleared to play by a medical professional. *Please note: The date of injury is day 0.*

INITIAL ASSESSMENT – Player CLEARED of Concussion: To be completed by the treating **Medical Practitioner (doctor):**

I have cited the signs and symptoms record (pg 1 and 2 of this form) Yes No and examined

..... following a head injury sustained on

Based on my assessment I declare them medically fit to return to unrestricted training and match play.

Practitioner Name: Date:

Signed:

Medical Stamp

INITIAL ASSESSMENT – Player DIAGNOSED with Concussion: To be completed by the treating **Medical Practitioner (doctor):**

I have cited the signs and symptoms record (pg 1 and 2 of this form) Yes No and examined

..... following a head injury sustained on

Based on my assessment I confirm that they have sustained a concussion.

Practitioner Name: Date:

Signed:

Medical Stamp

FOLLOW UP ASSESSMENT – Player Cleared to Play following Concussion: To be completed by the treating **Medical Practitioner (doctor):**

I have cited the signs and symptoms record (pg 1 and 2 of this form) Yes No and examined

..... and based on my assessment I declare them medically fit to return to

unrestricted training and match play following the head injury sustained on

Practitioner Name: Date:

Signed:

Medical Stamp