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
- 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

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

#VISIONZERO ONE IS TOO MANY
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