



BLUE CARD – PLAYER NOTIFICATION EMAIL

Dear

Match Details: _____ v _____

Date of Match: _____

This email confirms that you were issued with a Blue Card during the match listed above. As a result, you are stood down from rugby until you have completed the Rugby Ontario Blue Card Protocols and Procedures. This is to ensure your risk of further injury is reduced as far as possible.

Please find attached the following documents which provides you with the relevant information:

- Rugby Ontario Blue Card Protocols and Implementation Procedures
- Blue Card – Player Key Points
- Blue Card – Club Key Points

Specific points to note are:

- The requirement to undertake a medical assessment from a doctor and get them to complete and sign the Rugby Ontario Medical Assessment Letter.
- Submit a copy of this assessment letter to your club and Rugby Ontario.
- If this assessment clears you of a concussion you can resume full participation in rugby activities.
- If the assessment diagnoses you with a concussion:
 - You need to undertake the World Rugby Graduated Return to Play (GRTP) program.
 - Prior to commencing full contact practice or returning to play, see a doctor and get them to complete and sign the Rugby Ontario Medical Clearance Letter.
 - Submit a copy of this clearance letter to your club and Rugby Ontario no later than 9am on the business day before your intended return to play.

Please note your Club President and Secretary have been copied on this email. If you require any further information regarding this email or the Rugby Ontario Blue Card Initiative, please contact myself or Elisa DiGiulio (copied on this email).

Kind Regards

David Patterson
Director of Administration & Member Services

Rugby Ontario
Abilities Centre
55 Gordon Street, Suite 2B
Whitby ON L1N 0J2
Tel: 647 560 4790



www.rugbyontario.com