



BLUE CARD – PLAYER KEY POINTS

GAME DAY

If you have been removed from the field by the issuing of Blue Card it is because a qualified match official is concerned that you have suffered a suspected concussion. Your safety and well-being is paramount.

WHAT YOU NEED TO DO

- Please ensure over the 24 to 48 hours following the match, you, your family and friends monitor you for signs and symptoms of concussion
- Seek medical attention from a qualified medical doctor, ideally within 24 to 48 hours. It is your responsibility to visit the doctor.
- Get the medical doctor to complete and sign the Rugby Ontario Medical Assessment letter. A copy of this completed and signed letter is to be provided to Rugby Ontario, your team coach and Club President/Secretary.
- If the medical doctor indicates that you have not been diagnosed with a concussion you can resume full participation in rugby related activities.
- If the medical doctor does not clear you of having a concussion, you must undertake the World Rugby Graduated Return to Play (GTRP) program.

GRADUATED RETURN TO PLAY (GRTP) PROGRAM

- The World Rugby GRTP program involves a minimum rest period prior to commencing the program. This period is:
 - (i) Youth (18 years and under) – a minimum of two weeks
 - (ii) Adults (19 years and older) – a minimum of one week
- Prior to entering stage 5 of the GRTP, you must obtain a signed copy of the Rugby Ontario Medical Clearance Letter from a medical doctor clearing you of any concussion symptoms.
- You must provide a copy of this medical clearance letter to Rugby Ontario as well as your team coach and Club President and Secretary no later than 9am on the business day prior to a scheduled match in which a return to play is planned.



WORLD RUGBY GRADUATED RETURN TO PLAY (GRTP) PROGRAM TABLE

REHABILITATION STAGE	EXERCISE ALLOWED	OBJECTIVE
1. Minimum Rest Period *	Complete body and brain rest without symptoms	Recovery
2. Light Aerobic Exercise	Light jogging for 10-15 minutes, swimming or cycling at low to moderate intensity. No resistance training. Symptom free during full 24 hour period.	Increased heart rate
3. Sport Specific Exercise	Running drills. No head impact activities.	Add movement
4. Non-Contact training drills	Progression to more complex drills (e.g. passing drills). May start progressive resistance training.	Exercise, coordination and cognitive load
5. Full contact practice	Normal training activities	Restore confidence and assess functional skills by coaching staff
6. Return to Play	Player rehabilitated	Recover

For full information on Rugby Ontario's Blue Card Initiative please go to www.rugbyontario.com/bluecard