



BLUE CARD – TEAM COACH KEY POINTS

If you have a player who receives a Blue Card:

- Prioritize their safety and well being
- Assign a team mate, friend or family member as a support person.
- Provide the Blue Carded player (and their support person) with access to the Holland Bloorview Signs of Concussion Card and/or the Parachute Canada Concussion: The Basics information.
- Follow up to ensure that the Blue Carded player seeks medical attention, ideally within 24 to 48 hours, and provides you with a copy of the doctor's completed and signed the Rugby Ontario Medical Assessment Letter.
- If the medical doctor indicates through signing the Rugby Ontario Medical Assessment Letter that the player has not been diagnosed with a concussion, they can resume full participation in rugby related activities.
- If the player is diagnosed with a concussion, discuss with the player the World Rugby Graduated Return to Play (GRTP) program and assist them in the execution of the program

RELEVANT RUGBY CANADA AND RUGBY ONTARIO POLICIES

Please note it is requirement of all registered coaches that they complete the Rugby Canada Play Smart Program. This includes the completion of the World Rugby Ready and Concussion Management for the General Public Online courses.

GRADUATED RETURN TO PLAY (GRTP) PROGRAM

- The mandatory stand down period for a Blue Carded player prior to commencing the GRTP program is:
 - i. Youth (18 years and under) – a minimum of two weeks
 - ii. Adults (19 years and older) – a minimum of one week
- Before you allow the player to commence contact practice and resume playing, they must provide you with a copy of the Rugby Ontario Medical Clearance Letter completed and signed by a medical doctor.



- This clearance must be submitted to Rugby Ontario no later than 9am on the business day prior to a scheduled match in which a return to play is planned.

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