



## BLUE CARD CONCUSSION INITIATIVE



Rehab stage	19 Years	Under 19
1. Complete mental and physical rest until symptoms have cleared	14 days	14 days
2. Check concussion-free, light aerobic exercise, such as walking or stationary cycling	2 days	2 days
3. Progress specific exercise, such as running or ball-handling activities only if symptom-free 30 head-impact activities	1 day	2 days
4. Non-contact training drills until medical clearance given and apply in non-contact	1 day	2 days
5. Once medical clearance has been given, full contact training	2 days	2 days
6. Return to play		

**RECOGNISE | REMOVE | RECOVER | RETURN**




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## INTRODUCTION

- **NORTHLAND RUGBY UNION WERE CONCERNED CONCUSED PLAYERS WERE CONTINUING TO PLAY RUGBY WITHOUT OBTAINING THE APPROPRIATE CLEARANCE**
- **THEY DESIGNED THE FOLLOWING SET OF PROTOCOLS AND PROCESSES AND THEN TRIALLED THEM IN 2014**

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## INTRODUCTION

- **NEW ZEALAND RUGBY STUDIED THE RESULTS OF THE TRIAL**
- **HAVE APPROVED THE INTRODUCTION OF THE INITIATIVE TO OTHER PROVINCES**
- **BAY OF PLENTY RUGBY UNION HAS CHOSEN TO IMPLEMENT THE INITIATIVE AT THE COMMENCEMENT OF THE 2017 SEASON.**

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 **IMPLEMENTATION PROTOCOLS**

- 1. UNION AND BOARD AGREES TO INTRODUCTION**
- 2. UNION CONSULTS WITH CLUBS AND SCHOOLS TO OUTLINE DETAILS**
- 3. UNION CONSULTS WITH REFEREES TO OBTAIN SUPPORT AND AGREEMENT**
- 4. UNION CONSULTS WITH DHB'S TO PROVIDE DETAILS OF INITIATIVE AND SEEK COOPERATION AND SUPPORT**


*Start Now*  
*Start Now*

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 **IMPLEMENTATION PROTOCOLS**

- 5. UNION TO DETERMINE WHAT LEVELS OF RUGBY THE INITIATIVE WILL APPLY TO**
- 6. UNION TO ADVISE ALL STAKEHOLDERS**
- 7. UNION TO ARRANGE FORMAL TRAINING OF REFEREES**
- 8. UNION TO INTRODUCE LOCAL COMPETITION RULES**

*october*  
*october*  
**FEB**  
**FEB**

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 **IMPLEMENTATION PROTOCOLS**

- 9. UNION TO MAINTAIN REGISTER**
- 10. UNION TO APPLY TO NEW ZEALAND RUGBY FOR FORMAL PERMISSION TO INTRODUCE INITIATIVE**

**FEB**  
**FEB**

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### PURPOSE OF THIS PRESENTATION

1. **OUTLINE THE INITIATIVE TO STAKEHOLDERS**
2. **SEEK STAKEHOLDERS FEEDBACK ON WHAT LEVELS OF RUGBY YOU BELIEVE THE INITIATIVE SHOULD BE INTRODUCED AT**
3. **SEEK FEEDBACK ON WHAT YOU WOULD SEE SANCTIONS BEING IMPOSED ON TEAMS THAT FAIL TO COMPLY WITH INITIATIVE**

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### CONCUSSION - WHAT CURRENTLY EXISTS

#### GRADUATED RETURN TO PLAY STAGES

	19 YRS	<19
1. COMPLETE PHYSICAL AND MENTAL REST	14 DAYS	14 DAYS
2. ONCE SYMPTOM FREE - LIGHT AEROBIC EXERCISE	2 DAYS	2 DAYS
3. RUGBY SPECIFIC EXERCISE	1 DAY	2 DAYS
4. NON CONTACT TRAINING DRILLS - MEDICAL CLEARANCE	1 DAY	2 DAYS
5. FULL CONTACT TRAINING - MEDICAL CLEARANCE	2 DAYS	2 DAYS
6. RETURN TO PLAY	20 DAYS	22 DAYS

NO RECORDS OF CONCUSSION  
 NO RECORDS OF MEDICAL CLEARANCES OBTAINED  
 RISK: PLAYERS PLAY CONCUSSED WITHOUT THE APPROPRIATE MEDICAL CLEARANCE

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### BLUE CARD INITIATIVE

1. **REFEREE ISSUES BLUE CARD**
2. **PLAYER LEAVES THE FIELD**
3. **UNDERGOES GRADUATED RETURN TO PLAY STAGES**

	19 YRS	<19
1. COMPLETE PHYSICAL AND MENTAL REST	14 DAYS	14 DAYS
2. ONCE SYMPTOM FREE - LIGHT AEROBIC EXERCISE	2 DAYS	2 DAYS
3. RUGBY SPECIFIC EXERCISE	1 DAY	2 DAYS
4. NON CONTACT TRAINING DRILLS	1 DAY	2 DAYS
5. FULL CONTACT TRAINING - <b>MEDICAL CLEARANCE</b>	2 DAYS	2 DAYS
6. RETURN TO PLAY - <b>MEDICAL CLEARANCE</b>	20 DAYS	22 DAYS

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**BLUE CARD INITIATIVE**

- 4. REFEREE COMPLETES SERIOUS INJURY REPORT - FORWARD TO UNION**
- 5. UNION WRITES TO CLUB/SCHOOL AND PLAYER-ADVISES OF STAND DOWN/PROCESS**
- 6. PLAYER OBTAINS MEDICAL CLEARANCE TO RESUME CONTACT TRAINING - FORWARD TO UNION**
- 7. PLAYER OBTAINS MEDICAL CLEARANCE TO RETURN TO PLAY - FORWARD TO UNION**

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**BLUE CARD INITIATIVE**

- 8. ONLY WHEN UNION RECEIVES THE PLAYER'S MEDICAL CLEARANCE TO PLAY, CAN HE RETURN TO PLAY.**

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**WHAT LEVEL OF RUGBY SHOULD THE INITIATIVE BE INTRODUCED AT?**

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**WHAT SHOULD THE SANCTION BE FOR  
TEAMS THAT PLAY A PLAYER WITHOUT THE  
APPROPRIATE MEDICAL CLEARANCE?**

**NORTHLAND LOSS OF COMPETITION POINTS  
PLUS FIVE**

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**QUESTIONS?**

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