

## RFL HEAD INJURY NOTIFICATION

The following data including sensitive data, where appropriate, will be processed in accordance with the RFL privacy policy found here: [http://www.rugby-league.com/the\\_rfl/about\\_the\\_rfl/privacy\\_policy](http://www.rugby-league.com/the_rfl/about_the_rfl/privacy_policy). By completing the following form, you are confirming that you have notified the player in question about this

When completed please return to [competitions@rfl.uk.com](mailto:competitions@rfl.uk.com)

INITIAL NOTIFICATION			
<i>This section to be completed when a player sustains a head/concussive injury (or suspected head/concussive injury) <b>within 24 hours of the incident. Failure to do so may result in referral to compliance.</b></i>			
PLAYER & MATCH DETAILS			
COMPETITION			
DATE		MATCH	v
PLAYER		CLUB	
POSITION		AGE/DOB	
HOW WAS THE INJURY SUSTAINED (CLASH OF HEADS)			
WHAT CAUSES CONCUSSION			
Any blow to the head, face or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion.			
If there is any suggestion that the player is concussed, they must be removed from the field of play immediately and must not reenter play.			
SIGNS OF CONCUSSION			
<ul style="list-style-type: none"> <li>Does not know the time, date, place, period of game, opposing team, or the score of the game.</li> <li>General Confusion</li> <li>Cannot remember things that have happened before and/or after the injury</li> <li>Seems slow to answer questions or follow directs</li> <li>Seems easily distracted</li> <li>Not playing as well as expected</li> <li>A blank stare/glassy eyes, 'the lights are on but nobody's home'</li> </ul>			
DETAILS OF FIRST AIDERS			
Name of the First Aider			
Date			
DETAILS OF TREATMENT			
TREATMENT	YES	NO	
Ambulance called?			
Player attended hospital?			
Treatment Provided			
OTHER RELEVANT INFORMATION			

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Stage	Minimum time at each Stage of GRTP	Activity Level	Suggested Exercise at each stage of GRTP	Objective
1	14 days	No activity for 14 days	Symptom limited physical & mental rest	Recovery
<b>Clearance by Health Care Professional recommended</b>				
2	24 hours	Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity <70% maximum predicted heart rate.	Increase heart rate
3	24 hours	Sport specific exercise	Running drills – no impact.	Add movement
4	24 hours	Non-contact training drills	More complex training drills eg passing drills. May start progressive resistance training.	Exercise, co-ordination and cognitive load.
5	24 hours	Full contact practice	Normal training activity	Restore confidence & coaching staff to assess functional skills
<b>Clearance by Doctor</b>				
6	<b>Earliest RTP is 19 days</b>	Return to play	Normal training and/or match activity	Recovery complete

<b>UNDER 19 &amp; BELOW GRADUATED RETURN TO PLAY (GRTP)</b>				
Stage	Minimum time at each stage of GRTP	Activity Level	Exercise at each stage of GRTP	Objective
1	14 days	No activity for 14 days	Symptom limited physical & mental rest	Recovery
<b>Clearance by Doctor Recommended</b>				
2	48 hours	Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity <70% maximum predicted heart rate.	Increase heart rate
3	48 hours	Sport specific exercise	Running drills – no impact.	Add movement
4	48 hours	Non-contact training drills	More complex training drills eg passing drills. May start progressive resistance training.	Exercise, co-ordination and cognitive load.
5	48 hours	Full contact practice	Normal training activity	Restore confidence and coaching staff to assess functional skills
<b>Clearance by Doctor</b>				
6	<b>Earliest RTP is 23 days</b>	Return to play	Normal training and/or match activity	Recovery complete

### WHERE CAN I GET MORE INFORMATION?

Read the RFL's full advice on Head Injuries and Concussion on the RFL website

[https://www.rugby-league.com/the\\_rfl/concussion/headcase\\_resources](https://www.rugby-league.com/the_rfl/concussion/headcase_resources)