



## BLUE CARD – PLAYER KEY POINTS

### GAME DAY

If you have been removed from the field by the issuing of Blue Card, it is because you have been suspected of a concussion. Your safety and well-being are paramount you must not return to the current match or any subsequent training or match of any kind until you have been assessed by a medical doctor.

### WHAT YOU NEED TO DO

- Seek medical attention from a qualified medical doctor or nurse practitioner, within 24 to 48 hours.
- Have the medical doctor to complete and sign the Rugby Alberta Medical Assessment letter. A copy of this completed and signed letter is to be provided to Rugby Alberta, 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 incorporates a progressive exercise program that introduces a player back to sport in a step by step fashion.
- Prior to entering stage 5 of the GRTP, you must obtain a signed copy of the Rugby Alberta Medical Clearance Letter from a medical doctor clearing you as fully recovered.
- You must provide a copy of this medical clearance letter to Rugby Alberta as well as your team coach and Club President and Secretary no later than 5pm two business days prior to a scheduled match in which a return to play is planned. i.e. if a match is scheduled on Wednesday night the notification is required on Monday before 5pm.



## WORLD RUGBY GRADUATED RETURN TO PLAY (GRTP) PROGRAM TABLE

REHABILITATION STAGE	EXERCISE ALLOWED	OBJECTIVE
1. Initial Rest (Physical and Cognitive)	Normal activities of daily living which do not worsen symptoms, vigorous activity should be avoided. Relative cognitive rest, limiting screen time etc.-ensure symptoms continue to improve or remain absent.	Resolution of symptoms
2a. Symptom-limited activities (symptoms persist at 24 hours)	Initially activities of daily living that do not provoke symptoms. Consider time off or adaptation of work or study.	Return to normal activities (as symptoms permit)
2b. Light aerobic exercise. Ensure symptoms continue to improve or remain absent.	Light jogging for 10-15 minutes, swimming or cycling at low to moderate intensity. No resistance training. Ensure symptoms continue to improve or remain absent.	Increase 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. A return to learning must be achieved before returning to sport.
5. Full contact practice*	Normal training activities	Restore confidence and assess functional skills by coaching staff.
6. Return to sport	Normal game play	

**For more information on Rugby Alberta's Blue Card Initiative please go to: <https://www.rugbyalberta.com/bluecard>**