



BLUE CARD – TEAM COACH KEY POINTS

TEAM COACH RESPONSIBILITIES

If you have a player who receives a Blue Card:

- Prioritize their safety and well being
- Ensure a teammate, friend or family member is aware and can act as a support person.
- Provide the player with a suspected concussion (and their support person) with the Blue Card - Player Key Points document.
- During rugby activities not involving a Match Official, a designate (the coach or club administrator) is to report the suspected concussion to Rugby Alberta via SportLomo or emailing memberservice@rugbyalberta.com to ensure the process is followed.
- 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 Alberta Medical Assessment Letter.
- If the medical doctor indicates through signing the Rugby Alberta 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 ALBERTA POLICIES

- It is requirement of all registered coaches that they complete the Rugby Canada Play Smart Program including the completion of World Rugby's:
 - Rugby Ready and
 - Concussion Management for the General Public.
- Coaches are required to read and sign the Concussion Code of Conduct and review Alberta's Concussion Awareness Resources in compliance with Rowan's Law.

GRADUATED RETURN TO PLAY (GRTP) PROGRAM

- Before you allow the player to commence contact practice and resume playing, they must provide you with a copy of the Rugby Alberta Medical Clearance Letter completed and signed by a medical doctor.
- This clearance must be submitted to Rugby Alberta no later than 5pm two business day 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.

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
www.rugbyalberta.com/bluecard

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