



# SUSPECTED HEAD INJURY NOTIFICATION and CLEARANCE FORM

Athlete Name: \_\_\_\_\_ Phone#: \_\_\_\_\_ Date: \_\_\_\_\_

Team: \_\_\_\_\_ Coach: \_\_\_\_\_

Please follow the recommendations below to ensure proper care and treatment for the injury. If you have any questions about concussion management, please call a concussion care professional in your medical network.

## RETURN TO PLAY GUIDELINES:

1. **The athlete must be evaluated by a licensed healthcare provider trained in the management of concussions and head injuries** and receive written clearance to return to play. The physician must state the graduated return to play procedure. This written clearance is to be kept on file with the **EXECUTIVE DIRECTOR OF RUGBY OHIO**.
2. If a concussion is suspected or confirmed by the medical professional outlined in #1 (above), that player must sit out of activity with full rest for the minimum guidelines: **Youth and HS players (18 and under) - 2 weeks (14 full days) AND be symptom free before beginning the 5 day Graduated Return to Play Protocols. The player may not return to contact rugby before Graduated Return to Play Procedure is fully complete and symptom free.** Learn more about GRTP here: <https://rugbyohio.com/concussions/>

INITIAL SYMPTOMS OBSERVED (circle all that apply): DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ TIME: \_\_\_\_\_

Headache      Nausea/Vomiting      Memory Loss      Impaired Vision      Dizziness/Disorientation      Impaired Vision      Impaired  
 Speech Loss of Consciousness      Unequal Pupils      Emotional Change      Difficulty Concentrating      Balance Deficits

Other (please describe): \_\_\_\_\_

Brief description by trainer, coach or parent as to how injury occurred and why concussion is suspected:

\_\_\_\_\_  
\_\_\_\_\_

The Ohio Return-to-Play law requires that Ohio youth athletes who are suspected of sustaining a concussion, MUST be removed from practice or play. Ohio laws prohibit a child to return to play (practice or competition) on the same day that he/she is removed on suspicion of having sustained a concussion. He/she may return the following day if cleared in writing by a physician (MD or DO) or other authorized healthcare provider that they did not sustain a concussion.

Rugby Ohio policy, in compliance with World Rugby and USA Rugby concussion policies, directs that a player diagnosed with a concussion must sit out of activity with full rest for 2 weeks (14 full days) AND be symptom free before beginning the 5 day Graduated Return to Play protocols. The player may not return to contact rugby before GRTP protocol is fully completed and player remains symptom free.

Health Care Provider Name & Credentials: \_\_\_\_\_

I have evaluated the above-mentioned student athlete and the student athlete is:

\_\_\_\_ Cleared, **Player did NOT have a CONCUSSION**, and may return to all activities, including sports, without restrictions

\_\_\_\_ NOT cleared to participate in any sports-related activities (including gym class) until seen for a follow-up exam

\_\_\_\_ Cleared, as of today, to return to all activities, including sports, without restrictions (must be a least 19 days after the concussion was suspected/diagnosed per Rugby Ohio Policy)

\_\_\_\_ Cleared to return to rugby following the schedule below after 14 days of full rest and symptom free per the Rugby Ohio Policy. Each step required to be a minimum of 24-hours, while remaining symptom free, per World Rugby policy:

1. Light aerobic exercise to increase heart rate
2. Sport specific exercise to add movement
3. Non-contact training drills to test exercise, coordination and cognitive load
4. Full contact practice to restore confidence and assess functional skills
5. Return to Play

Signature of Health Care Provider: \_\_\_\_\_ Date: \_\_\_\_\_