



Dear Doctor,

Player Name: _____

DoB : _____

Date of incident : ____/____/202__ Time of incident : _____

Previous concussions YES/NO If YES date of most recent concussion _____

This rugby player was removed from the field of play because he was assessed by health care professional/paramedic/EMT, trained in recognition of concussion, as having the signs and consistent with a concussion or suspected concussion . See chart below.

Presenting Signs and Symptoms	Please tick appropriate boxes
Confirmed loss of consciousness	
Suspected loss of consciousness	
Convulsion	
Tonic posturing	
Balance disturbance / ataxia	
Clearly dazed	
Player not orientated in time, place and person	
Definite confusion	
Definite behavioural changes	
Oculomotor signs (e.g. spontaneous nystagmus)	
On-field identification of signs or symptoms of concussion	
Head impact event where diagnosis is not immediately apparent	
Possible behaviour change	
Possible confusion	
Injury event witnessed with potential to result in a concussive injury	
Possible transient or sub-threshold Criteria 1 sign e.g. possible balance disturbance , possible loss of consciousness, possibly dazed etc.	
Other symptoms or signs suggesting a suspected concussion	

Singapore Rugby union protocol is all under 19 players should be reviewed by a doctor the same day of this incident and players 19 years and over, if their signs and symptoms deteriorate or don't clear, should see a doctor specialising In concussion as soon as possible as these ongoing signs and symptoms that may indicate they have had a more significant traumatic brain injury, which may require further medical attention.

Under World Rugby and Singapore Rugby Union protocols if ANY of the above signs or symptoms have been recorded the player must be managed through the World Rugby Recognise and Remove process and complete the Graduated Return to Play (GTRP) programme, see overleaf. At minimum this will take 23 days (all players under the age of 19 years) and 19 days (all players 19 yrs and over) , before the player can resume playing again.

Please do not hesitate to contact me if you require any additional information.

Signed:

Print Name:

Contact No.:

Role : Doctor, Healthcare Professional/ Paramedic/EMT



2023 Graduated Return to Play (GTRP) protocol

Stage	Aim	Activity	Goal of each step
Players: Under 19 yrs (including those playing senior rugby) - medical check by Doctor, specialising in concussion, or A and E Doctor on same day of incident. 19yrs and over - should see a doctor specialising in concussion if signs and symptoms increase or don't clear within 24 hrs			
1	Initial Rest (Physical and Cognitive) Min 24 hrs.	No driving or exercise. Consider time off work or adaption of work or study	Recovery
2a.	Symptom-limited activity after initial 24 hrs Min 24 hrs.	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school and normal activities
2 b	Light aerobic exercise Min 14 days	Walking or stationary cycling at slow to medium pace. No resistance training	Increase heart rate without provoking symptoms
ALL PLAYERS - Min 14 days for stages 2b			
For Stages 3-5 IF ASYMPTOMATIC after each stage players U 19' yrs. - progress to next stage after 48 hrs. 19 yrs. and over - progress to next stage after 24 hrs. Players should be monitored by Doctor or Health Care professional (HPC) with understanding of concussion, while completing stages 3 and 5. ALL players : SRU Graduated Return to Play (GTRP) tracking form signed and dated			
3	Sport-specific exercise	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills, e.g. passing drills. May start progressive resistance training	Exercise, coordination and increased thinking
U 19 yrs. clearance by doctor specialising in concussion 19 yrs. and over Medical clearance by Doctor or Health Care Professional specialising in concussion ALL players: SRU Graduated Return to Play tracking form signed and dated by Dr or HPC			
5	Full contact practice	participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	Return to sport
U-19: minimum 23 days for return to play 19 yrs and over minimum 21 days for return to play All Players Graduated Return to Play form must be completed and submitted to SRU medical@SRU.org.sg			