



NZ Domestic Safety Law Variations

IMPORTANT LAW CHANGE EFFECTIVE 1 JANUARY 2017

NEW ZEALAND RUGBY DOMESTIC SAFETY LAW VARIATION (DSL) 3.10 (B)

10. THE REFEREE'S POWER TO STOP AN INJURED PLAYER FROM CONTINUING

Add a new clause:

(b) Without limiting Law 3.10 above, in Provincial Unions that have been approved by New Zealand Rugby to take part in the Blue Card Concussion Initiative, if the referee believes a player has been concussed, or suspects a player has been concussed, the referee must show a Blue Card to that player, and that player will be required to leave the playing area, and not return and play in that match. Further the player shown a Blue Card may not return to play in any future match without first meeting the requirements of the return to play protocol, as set out in this *Blue Card Concussion Initiative* booklet.

GRADUATED RETURN TO PLAY (GRTP)

All players diagnosed with a concussion or suspected concussion must go through the GRTP described in this poster. For more information talk to your coach, your local union, contact New Zealand Rugby or check out rugbysmart.co.nz



CONCUSSION

Rehabilitation Stage	Minimum Time	
	U19	19+
1 Rest / No Activity Complete mental and physical rest. No screens.	2 days	2 days
2 Light aerobic exercise Symptom guided low - moderate intensity activities (walking and stationary cycling).	14 days	14 days
3 Rugby-specific exercise Running drills, no impact activities.	2 days	1 day
4 Non-contact training drills Progression to more complex training drills: passing, catching, may start doing weight training.	2 days	1 day
5 Following medical clearance full contact practice May participate in normal training activities (contact training).	2 days	2 days
6 After 24 hours return to play Player rehabilitated.	1 day	1 day

RECOGNISE | REMOVE | RECOVER | RETURN



CONCUSSION PROTOCOL

RECOGNISING AND MANAGING CONCUSSION

We all have a role to play in recognising concussion and helping to manage the symptoms.

New Zealand Rugby want to ensure that anyone involved in rugby knows what to look out for and what to do when they suspect a player has sustained a concussion.

What is a concussion?

- A concussion is a mild traumatic brain injury (TBI) that can result from a direct hit to the head or from a blow to the body.
- You don't have to be knocked out, or even be hit directly on the head, to be concussed.

What you should do?

Players who are concussed are often unaware of their symptoms and may want to keep playing. To help you identify and manage concussion follow the **4 R's** – Recognise, Remove, Recover, and Return.

If a player is unconscious, you need to:

1. Check their ABCs are clear (Airway, Breathing, Circulation); and
2. Ensure they are not moved until a medical professional arrives.

1. RECOGNISE

Concussion symptoms may occur straight away, or up to 48 hours after the event.

If you suspect a concussion look out for the signs and symptoms below.

Concussion Red Flags

If a player presents with any of these red flags symptoms, they must seek urgent medical attention:

- Neck pain
- Increasing confusion
- Repeated vomiting
- Seizures or convulsions
- Double vision
- Weakness or tingling/burning in arms or legs
- Decreasing levels of consciousness
- Bad or worsening headaches
- Unusual behaviour changes

What you might see?

- Loss of consciousness
- Lying on the ground not moving or slow to get up
- Disorientation/confusion
- Loss of balance/coordination
- Visible injury to face or head (especially in combination with any other physical signs)
- Grabbing/clutching of head
- Dazed, blank or vacant look.

What they might say?

Failure to answer any of these questions may suggest a concussion.

- Where are we playing or training?
- Which half/what time is it now?
- Who scored last in this game?
- What team did you play in last week's game?
- Did your team win its last game?

What they might experience or feel?

- Blurry vision
- Dizziness
- Difficulty with bright light and/or loud noises
- Tiredness
- Problems with memory
- Find it hard to think or concentrate
- More emotional
- Irritability

2. REMOVE

If a player displays any concussion symptoms, make sure they:

- See a doctor within 24-48 hours
- Are with someone responsible for 1-2 hours
- Do not drink alcohol or go home by themselves
- Do not drive until being cleared by a doctor.

3. RECOVER

For any concussion there is a minimum stand down period before a player can return to contact training. These timeframes are:

- Players under 19 years of age: 23 days
- Players 19 years and older: 21 days