



Medical Advice Card

As a Rugby League Sports Trainer you will be aware of your responsibilities, duties and limitations through your training in becoming a Rugby League Sports Trainer

- One of your major responsibilities is the **“total care and welfare of the players under your care”**.
- To assist you with this task it is of the utmost importance that a medical advice card system be implemented by you within your club.
- This will provide you with information about a player's health status and other important information in cases of emergencies.

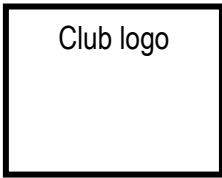
Implementation

- Discuss the system with your Club or Group/ District officials and have the procedure adopted at a Club or Group/District meeting.
- Have the Club or Group/District appoint an Honorary Medical Adviser, if possible, so that you have access to medical advice if needed.
- Have the cards distributed, completed and collected before a player plays in a game under the control of your Club or Group/ District.

- You should check each card carefully and be aware of any special medical conditions, injuries, etc. that a player may have.
- If you consider that a player may need further medical evaluation or advice about a condition or injury before playing he should be referred to the honorary medical adviser to the Club or Group/District or his own Doctor.

**Confidentiality is of the
utmost importance**

- You should keep all cards, and information contained on the card should only be available to yourself and other accredited Rugby League Sports Trainers in your Club or Group/District who will be caring for these players, and the Honorary Medical Adviser.
- They should be continually updated as the season proceeds if a player's health status changes or a significant injury occurs to that player.
- The above procedure would as far as is humanly possible protect players privacy and above all protect the player from further injury or harm due to ignorance of a condition or injury that he may have.



..... Rugby League Club
Address.....
.....

Date:

To Player,
Address.....
.....

Dear

The introduction of a standard Medical Advice Card is to assist those who care for you during the season to provide, as far as is humanly possible, a safe training and playing environment for you **personally**.

It is also meant to be used as a means of providing advice for you about an injury or a condition you may have so that you can participate safely and gain full enjoyment out of playing the game of Rugby League.

It is not meant, in any way to be an invasion of your privacy, nor will it be used or given to any person without your permission. The only people who will have access to this card will be the appointed Rugby League Sports Trainer for your Club, Club doctor, your private doctor or the Honorary Club/Group/League doctor.

The effectiveness of this card in providing the above will only work if you complete this card honestly and view such a card in a positive manner.

You may be asked to have a medical evaluation before you play, this will be rare. If you are asked to have a medical evaluation, please view this as caring for you as a person. The basic aim then, of this card is to provide the best possible care for those who matter most in the game of Rugby League you: - the player.

I hope you have a successful and enjoyable season.

Yours in Rugby League

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Club Sports Trainer

Club President



Medical Advice Card - Senior Club Player (confidential)

- Name Club
- Address
- Telephone (H) (W) D.O.B.
- Family Doctor Telephone
- Medical Cover: Private Medicare
- I give permission to call an Ambulance in an emergency. YES/NO
- Name of person to contact in an emergency
- Telephone No. Relationship

Do you suffer from:	Yes/No	Management
Diabetes		
Asthma		
Epilepsy		
Do you experience any of the following signs and symptoms during training/playing?		
Undue shortness of breath		
Chest Pain		
Light headedness, dizziness or episodes of fainting		
Become tired/fatigued easily		

- Allergies (please list)
- Do you take any regular medication/s? YES/NO
Type Reason

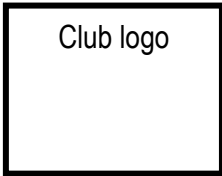
Previous Injuries	When	Treatment
Fracture		
Dislocation		
Neck Injury		
Back Injury		
Ankle Sprain		
Knee Problems		

- Do you require taping every game? YES/NO Where?
- Have you suffered concussion in the last 3 years? YES/NO
How many times? Treatment
- When did you have your last full medical check up?
- Have you had your full course of Hepatitis "B" injections? YES/NO
- How long have you been playing Rugby League?
- What position do you usually play?
- Other information relevant to managing an injury you may sustain:-
- Are you aware of the inherent risks of participating in physical activity such as Rugby League? YES/NO
- I declare this to be a true statement of my health status as at the date below.
- I will notify the Club First Aid Officer of any problem that may occur during the season that is relevant to my health status and playing Rugby League.

Signed: Date:

Checked by: Position in Club:

Checked by Medical Practitioner



..... Rugby League Club
Address.....
.....

Date:

Dear Parent
Address.....
.....

Dear

The introduction of a standard Medical Advice Card for all Junior Rugby League players is meant to assist those who Coach and care for your children during the season in providing as far as is humanly possible, a safe training and playing environment for your child. It is also meant to provide information to you, as a parent, information about any injury or condition your child may have so that he/she can participate safely and enjoy the game of Rugby League.

This Card is not meant to be in any way an invasion of the privacy of your child, nor will it be given to any other person unless you give permission to do so.

The only people who will access to this card will be the appointed Rugby League First Officer for your Club, Club doctor, your private doctor or the Honorary Club/Group Doctor.

The effectiveness of this card in providing the above will only work if you complete this card honestly and view such a card in a positive manner that is caring for those who matter most in the game of Rugby League your child the player.

Yours in Rugby League,

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Club First Aid Officer

Club President



Medical Advice Card

Junior R.L. player (Confidential)

- Name:
- D.O.B: Club:
- Address: Telephone:.....
- Family Doctor:
- Name of person to contact in an emergency:
- Telephone No: Relationship:
- I give permission to call an Ambulance in an emergency: YES/NO
- Medicare No.

Does your child suffer from:	Yes/No	Management
Diabetes		
Asthma		
Epilepsy		
Bronchitis		
Allergies (please list)		
Do you experience any of the following signs and symptoms during training/playing?		
Undue shortness of breath		
Chest pain		
Light headedness, dizziness or episodes of fainting		
Become tired/fatigued easily		

- Any other condition the Club should be aware of:
- Any regular medication or current medication (please supply details ie. reason for medication; times; etc.)
- Any physical, ie. muscular/joint problems that may limit your child in physical activity:
- Has your child suffered concussion in the last three years (please supply details of treatment and outcomes)?
- Are you aware of the inherent risks of participating in physical activity such as Rugby League? YES/NO
- I declare this to be a true statement of my child's health status as at the date below.
- I will inform the Club First Aid Officer of any problem that may occur during the season that is relevant to my child playing Rugby League.

Signed: Parent/Guardian Date:

Checked by:

Position in Club:

Checked by Medical Practitioner