

# Head Injury Guidelines



## Head Injuries Policy Statement

- » Any head injury that results in signs or symptoms of brain trauma (no matter how minor) must be treated as serious until proven otherwise.
- » Great care is needed in the initial management, especially if any degree of concussion or decreased level of consciousness is evident.
- » All unconscious players must be managed by the attending NRL Sports Trainer and an ambulance called immediately.
- » The possibility of spinal injury must be considered with any head injury.
- » The player must be referred to a doctor for medical evaluation. The doctor should have a history - or know the player's previous health status - regarding head injury.
- » Under no circumstances should the player be allowed to continue playing or return to play during the same game. This will eliminate any potential "second hit syndrome".
- » A Certificate must be obtained from a doctor before the player resumes training or playing. The Certificate should nominate that the player is being cleared of a "head injury".
- » The initial assessment and management must be carried out by the accredited NRL Sports Trainer in attendance at the game venue, following the protocols of the NRL Sports Trainers Scheme.
- » Any return to activity / playing must follow the gradual, symptom free process outlined in the NRL Management of Concussion document.

## Head Injury Recognition and Referral Form

If a player sustains an injury to the head and does not show signs or symptoms of a concussion immediately, it is advisable to give this form to the player's parents, relative(s) or any other person who will be with this player for at least the next 24 hours.