



Wharfedale RUFC Head Injury Notification and Return To Play Form



Player Details			
Name		Date Of Injury	
Team		Match	
Position		Age	
Time Removed		Mechanism Of Injury	
Concussion History			

Symptoms and Signs	
Traumatic convulsion	
Tonic posturing	
Confirmed LOC	
Suspected LOC	
Ataxia	
Disorientated/Confused	
Loss of protective action	
Loss of body tone	
Memory impairment	
Atypical behaviour	
Neurological signs of CNS injury	

Management	
Was the player removed from the field of play?	
Was a concussion assessment carried out?	
Was the player concussed?	
Did the player return to the field of play?	
Was the player hospitalised/CT scanned?	

SCAT 5 Assessment	
Baseline score	
Score following suspected head injury	

G RTP				
Stage	Rehab Stage	Exercise Allowed	Date Achieved	Signed Off
	1 Rest	Complete physical and cognitive rest without symptoms		
	2 Light aerobic exercise	Walking, swimming or stationary cycling - intensity < 70% max predicted heart rate - no resistance training		
	3 Sport-specific exercise	Running drills. No head impact activities		
	4 Non-contact training drills	Progression to more complex training drills e.g. passing. May start progressive resistance training		
	5 Full contact practice	Normal training activities		
	6 Return to play	Player rehabilitated		

Summary	
Date of injury	
Date RTP approved	
Number of days from injury to RTP approval	
Signed off by	