



Concussion Awareness

USA Rugby places player's welfare and safety at the very top of their priorities. This is especially true with concussions and head injuries. USA Rugby's and thus, RugbyWA's concussion policy is intended to follow the International Rugby Board's Regulation 10, and follows the "5-R's" of concussion awareness: Recognize, Remove, Refer, Recover, and Return. We must ALL play smart and be smart when it comes to player safety and concussions.

USA Rugby's policy requires that ALL rugby players, staff, parents, referees, volunteers, and even fans, follow these five basic steps when dealing with suspected concussions.

- Recognize-Learn the signs and symptoms of a concussion so you understand when an athlete might have a suspected concussion
- Remove-If an athlete has a concussion or even a suspected concussion he or she must be removed from play immediately.
- Refer-Once removed from play, the player should be referred immediately to a qualified healthcare professional that is trained in evaluating and treating concussions.
- Recover-Full recovery from the concussion is required before return to play is permitted. Only a medical doctor can authorize a return to play after a period of rest and treatment.
- Return-To return to play, an athlete must be symptom free and cleared in writing by a medical professional trained in treating concussions. USAR strongly recommends the athlete complete the Gradual Return to play protocol.

I/we have read and understand the risks. The original signed approval form must be signed and returned to the coach or admin.

_____ (Parent if player is a minor) _____ Date

_____ (Player if over 18) _____ Date

Page 1: Concussion Awareness Parent Signature Form

Page 2: Sudden Cardiac Awareness Parent Signature Form



Sudden Cardiac Arrest Awareness

What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the US afflicting over 300,000 men, women, and children each year. SCA is also the leading cause of death in young athletes during sports.

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult.

SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at a greater risk. SCA also can occur from a direct blow to the chest by a firm projectile like a baseball, softball, lacrosse ball or hockey puck, or by a chest contact from another player called "commotion cordis"

While a heart condition may have no warning signs, some young athletes may have symptoms but neglected to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended.

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart races for no apparent reason) Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart conditions before the age of 40.

_____ Parent of a minor _____ Date

_____ Player over 18 _____ Date

I/we have read and understand the risks. The original signed approval from must be returned to the coach or admin of my child's team. I will make a copy of this approval for my own records.