

## BLUE CARD – CLUB REPRESENTATIVE KEY POINTS

When a player from your Club is issued with a Blue Card:

- The player, Club President and Club Secretary will be notified via email by Rugby Ontario that the player has been stood down from playing rugby because of a concern regarding concussion.
- The player will be made “inactive” in the registration system.
- In the event that the player issued a Blue Card, for whatever reason, is mistakenly identified in a Match Official’s match report, the Club shall notify Rugby Ontario as soon as practicable following the receipt of the Blue Card notification.
- The player is required to seek medical attention, ideally within 24 to 48 hours and provide the Club President, Secretary and their team coach with a copy of the Rugby Ontario Medical Assessment Letter completed by their medical doctor.
- If the player **is not** diagnosed with a concussion, they may resume full participation in all rugby related activities and will be returned to “active” status in the registration system upon receipt of the Rugby Ontario Medical Assessment Letter.
- If the player is diagnosed with a concussion, they must undertake the World Rugby Graduated Return to Play (GRTP) program.
- Before the player can commence contact practice (stage 5 of the GRTP program) and resume playing, they must provide the Club President, Secretary and their team coach with the Rugby Ontario Medical Clearance Letter, completed and signed by a medical doctor.
- The Rugby Ontario Medical Clearance Letter must be submitted to Rugby Ontario no later than 5pm two business day prior to a scheduled match in which a return to play is planned. i.e. if a match is scheduled on Wednesday night the notification is required on Monday before 5pm.
- If a player participates in a match prior to clearance for return to play being issued by Rugby Ontario (i.e. whilst the player’s status is “inactive”), both the player and their Club may be sanctioned in accordance with the Rugby Ontario Schedule of Sanctions and will be in violation of Rowans Law.

## WORLD RUGBY GRADUATED RETURN TO PLAY (GRTP) PROGRAM TABLE

REHABILITATION STAGE	EXERCISE ALLOWED	OBJECTIVE
1. Initial Rest (Physical and Cognitive)	Normal activities of daily living which do not worsen symptoms, vigorous activity should be avoided. Relative cognitive rest, limiting screen time etc.-ensure symptoms continue to improve or remain absent.	Resolution of symptoms
2a. Symptom-limited activities (symptoms persist at 24 hours)	Initially activities of daily living that do not provoke symptoms. Consider time off or adaptation of work or study.	Return to normal activities (as symptoms permit)
2b. Light aerobic exercise. Ensure symptoms continue to improve or remain absent.	Light jogging for 10-15 minutes, swimming or cycling at low to moderate intensity. No resistance training. Ensure symptoms continue to improve or remain absent.	Increase heart rate
3. Sport Specific Exercise	Running drills. No head impact activities.	Add movement
4. Non-contact training drills	Progression to more complex drills (e.g. passing drills). May start progressive resistance training.	Exercise, coordination and cognitive load. A return to learning must be achieved before returning to sport.
5. Full contact practice*	Normal training activities	Restore confidence and assess functional skills by coaching staff.
6. Return to sport	Normal game play	

For full information on Rugby Ontario's Blue Card Initiative please go to [www.rugbyontario.com/bluecard](http://www.rugbyontario.com/bluecard)