



BLUE CARD – PLAYER NOTIFICATION EMAIL

Dear

Match Details: _____ v _____

Date of Match: _____

This email confirms that you were issued with a Blue Card during the match listed above. As a result, you are stood down from rugby until you have completed the Rugby Ontario Blue Card Protocols and Procedures. This is to ensure your risk of further injury is reduced as far as possible.

Please find attached the following documents which provides you with the relevant information:

- Rugby Ontario Blue Card Protocols and Implementation Procedures
- Blue Card – Player Key Points
- Blue Card – Club Key Points
- Rugby Ontario Medical Assessment Letter
- Rugby Ontario Medical Clearance Letter

Specific points to note are:

- The requirement to undertake a medical assessment from a medical doctor and get them to complete and sign the Rugby Ontario Medical Assessment Letter.
- Submit a copy of the Rugby Ontario Medical Assessment Letter to your club and Rugby Ontario.
- If the Rugby Ontario Medical Assessment Letter clears you of a concussion you can resume full participation in rugby activities.
- If the Rugby Ontario Medical Assessment Letter diagnoses you with a concussion:
 - You need to undertake the World Rugby Graduated Return to Play (GRTP) program.
 - Prior to commencing full contact practice or returning to play, see a medical doctor and get them to complete and sign the Rugby Ontario Medical Clearance Letter.
 - Submit a copy of this clearance letter to your club and 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.

Please note your Club President, Secretary and coach have been copied on this email. If you require any further information regarding this email or the Rugby Ontario Blue Card Initiative, please contact me or Elisa DiGiulio (copied on this email).

Kind Regards

Jamie Holmes
Coach Coordinator

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