



## PLAYER CONCUSSION

---

The Australian Rugby Union (ARU) and the International Rugby Board (IRB) encourages Clubs and Schools to take recommended measures to ensure that the game is both safe and enjoyable to play.

These include Medical and Safety Recommendations for Injury Management (both Medical Requirements for Player Care, and Management of Serious Injury) and Safety Requirements in the interest of player safety.

---

The current regulation regarding concussion is:

### **IRBÂ REGULATIONÂ 10. MEDICAL**

#### **10.1 Concussion\***

10.1.1 A Player who has suffered concussion shall not participate in any Match or training session for a minimum period of three weeks from the time of injury, and may then only do so when symptom free and declared fit after a proper medical examination. Such declaration must be recorded in a written report prepared by the person who carried out the medical examination of the Player.

10.1.2 Subject to sub-clause 10.3 below, the three-week period may be reduced only if the Player is symptom free and declared fit to play after appropriate assessment by a properly qualified and recognised neurological specialist. Such declaration must be recorded in a written report prepared by the properly qualified and recognised neurological specialist who carried out the assessment of the Player.

10.1.3 In age grade rugby the three-week minimum period shall be mandatory.

You can download the ARUÂ Medical and Safety Recommendations below.

[http://aru.rugby.com.au/community\\_rugby/administering\\_rugby/policies\\_and\\_procedures/aru\\_medical\\_and\\_safety\\_recommendations,135782.html](http://aru.rugby.com.au/community_rugby/administering_rugby/policies_and_procedures/aru_medical_and_safety_recommendations,135782.html)