



Dear Players and Families,

Ahead of Round 1, we would like to remind all Mosman Junior Rugby Club members about our concussion management procedures and reinforce our commitment to player safety.

As with all contact sport, Rugby carries inherent risks including the possible risk of concussion. As part of our duty of care to MJRC players and families, it is important that we highlight these inherent risks and the MJRC processes in place to support player wellbeing throughout the season.

Mosman Rugby adheres to the Rugby Australia Concussion protocol (attached). If a player is suspected of having received a head knock during a game:

- They will be given a Blue Card
- They will be directed for a medical assessment with a GP, medical centre, or hospital on the same day the injury occurs and that formal assessment must take place within 24 hours.
- If a head knock is reported later by a player, it should be medically assessed as soon as possible.

A Rugby AU form will need to be completed by the medical professional within 24 hours of receiving a Blue Card, completed again at 14 days for graduated return to play and then again at 21 days for resumption of full contact.

This form must be returned at each timing juncture to both the player's AGCs and either Minis Coordinator or Juniors Coordinator to ensure that MJRC signs off on players returning to play and accommodates any training limitations during that time. Your player's AGC and either Minis Coordinator or Juniors Coordinator will guide the families through a structured return-to-play program.

Important points to note:

- All concussions, whether they happen at a school game, club/regs game or during training will be recorded by MJRC.
- We expect parents to advise us promptly of any concussion sustained outside of MJRC. Please note that many schools are in the process of coordinating information sharing on this information with rugby clubs to ensure player's safety.
- Players should not return to training or matches until they have been medically assessed (24 hours, 14 days and 21 days).



- Players diagnosed with concussion will follow a **21-day return-to-play program**, during which they will be progressively reintegrated into contact activity under medical guidance and MJRC supervision.

The **Rugby Australia Concussion Protocol** includes:

1. Initial Injury

- Immediate GP assessment and diagnosis.

2. Days 0–14

- Rest and recovery
- Gradual return to light exercise
- Introduction to non-contact training activities

3. Day 14

- Medical review for clearance to resume contact training

4. Day 21

- Final medical clearance for full return to competition and normal activities.
(Players cannot be added to a game in RX until 21 days after the concussion/blue card).

Your cooperation and understanding are vital in ensuring the health and safety of all players. If you have any questions regarding concussion management at Mosman Rugby, please reach out to the Juniors Coordinator (Jess Apfel), Minis Coordinator (Hannah Griffiths) or your Age Group Coordinator.

The Club will be conducting a 30-minute session on Concussion Management via MSTeams in May if you would like to hear more about concussion management at MJRC. All parents are encouraged to attend.

We look forward to a safe, exciting, and successful season of rugby ahead!

Kind regards,

Mosman Rugby Club Committee