

BLUE CARDED?

WHAT HAPPENS NOW?

REFEREE *KEY STEPS*

BEFORE THE GAME

Advise both team managers and the team captains that you are a qualified Blue Card referee and that the Blue Card Concussion Initiative is in place for the upcoming match.

DURING THE GAME

Record the name and jersey number of any player to whom you issue a Blue Card.

AFTER THE GAME

Record the issuing of the Blue Card on the official team sheet. Clearly record BCI (Blue Card Issued) next to the player/s name.

Complete a Serious Injury Report online via the ARRA/NHRRRA website.

CMRFU: Complete a Serious Injury Report (clearly identifying player/s issued with Blue Card) and send it to the PU.

COACH / MANAGER *KEY STEPS*

GAME DAY

If you have a player who receives a Blue Card:

- Prioritise their safety and well-being.
- Assign a team-mate, friend or family member as a support person.
- Provide the Blue Carded player (& his/her support person) with a Sideline Concussion Check handout. This provides advice on what to watch for during the first 24 – 48 hours.
- It is recommended that the Blue Carded player seeks medical attention within 24 hours, and is assessed and provided with advice about undertaking a graduated return to play.
- **Auckland:** Complete a Serious Injury Report and give it to your club Health & Safety Officer to load into Risk Manager.

GRADUATED RETURN TO PLAY (GRTP)

Mandatory Stand Down Period for your Blue Carded Player:

- U19 Players – 23 days
- 19+ Players – 21 days

Before a Blue Carded player can resume playing he/she must obtain medical clearance and provide a copy to the Provincial Union.

Please ensure that the player has completed the GRTP and received a medical clearance before he/she is listed on a team sheet and is set to compete in a match.

The medical clearance form must be sent to your provincial union **at least 24 hours before the match** in which the Blue Carded player is wishing to return to competition. Please send the clearance form to:

Auckland:

Ph. 021 841 965

barry.george@aucklandrugby.co.nz

North Harbour:

tina@harbourrugby.co.nz

CMRFU:

Ph. 027 227 9729

annette.tossell@steelers.co.nz

For more information go to www.bluecard.co.nz



**AUCKLAND
RUGBY**



PLAYER *KEY STEPS*

GAME DAY

If you have been sent from the field with a Blue Card it is because a qualified referee is concerned that you have suffered a suspected concussion.

Your safety and well-being is paramount.

- Please ensure that over the next 24-48 hours you (& your family or friends) check for signs and symptoms of concussion.
- Ask your coach or manager for a Sideline Concussion Check handout. This provides advice on what to watch for during the first 24 – 48 hours and what you shouldn't do during the first 24 hours (e.g. drink alcohol).
- It is recommended that you seek medical attention within 24 – 48 hours.

GRADUATED RETURN TO PLAY (GRTP)

As a Blue Carded player you must return to play via NZ Rugby's GRTP process. This involves a mandatory stand down period.

Mandatory Stand Down Period for Blue Carded Players:

- U19 Players – 23 days
- 19+ Players – 21 days

Before you can resume playing you must obtain a medical clearance. It is your responsibility to visit a doctor to secure a clearance.

Your Provincial Union will reimburse you for any non-ACC cost involved in one visit to a doctor. Please contact your club if you require assistance with this process.

The medical clearance form must be sent to your provincial union **at least 24 hours before the match** in which you are wishing to return to competition. Please send the clearance form to:

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