



Representative Sports Handbook

.....
2021

Foreword

This Sports Policy and Information Handbook aims to draw together, for parents and students, the different policies, procedures and information that frame the Sports Program at Nowra Anglican College.

An active and extensive co-curricular Sports Program is a feature of independent schools. At Nowra Anglican College it enriches the scope of the College's opportunities available to students and contributes to the holistic education we promote.

We encourage all students to contribute to the Sports Program at Nowra Anglican College and it is an expectation that each student is involved in at least one sport each year.

Mrs Lorrae Sampson
Principal

Mr Greg Baker
Head of Sport

Mr Mark Edwards
Junior School Sports Coordinator

Our Vision

To be a community of learners living and serving in Christ's world.

Our Mission Statement

To provide a high quality Christian education within a welcoming community where all individuals are valued and belong. As a community of learners we strive for excellence, unlocking the potential of each individual, developing confident, active learners who improve their world.

Our Values

Respect, Compassion, Wisdom

We are a respectful community grounded in Christ's compassion, learning to live with wisdom.

Our School Motto

In the light of the Cross

Ethos of our Sporting Program

“It takes a whole village to raise a child”

The wellbeing of all students is central to the mission of Nowra Anglican College. Research shows that students who are happy and well connected at school are more successful and find schooling more purposeful. At NAC we provide students with opportunities which proactively promote relationships, community connection and personal development. The focus in all areas of Nowra Anglican College is the development of the whole child. This involves the nurturing of their physical, social, emotional, intellectual and spiritual development.

Our sporting program is a vital cog in this process and contributes significantly to student life in the College. Participation in sport helps our students grow, learn, and enjoy themselves while they use and develop their personal, physical, and intellectual skills. Our sporting program is vital in:

- Fostering participation, personal excellence, and the development of the whole person.
- Strengthening school spirit, building community, promoting fair play, participation, skill development, resilience, teamwork, service and leadership.
- Promoting a healthy lifestyle.
- Building the self-esteem and self-confidence of students.
- Encouraging personal responsibility and team building.
- Creating a sense of pride and community building.

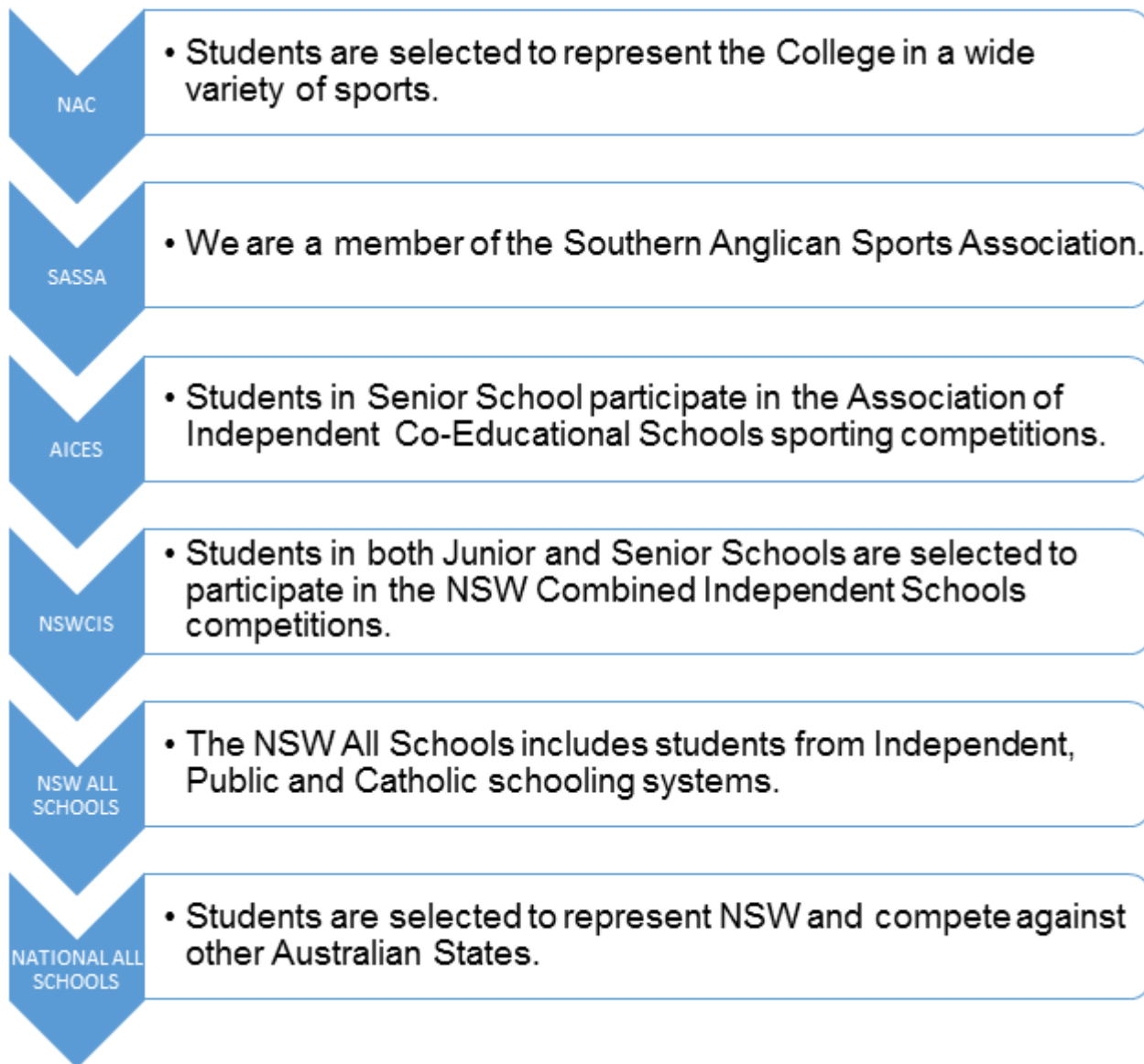
In teaching these lessons to our students, we hope that we will instil habits which will lead to better and healthier lives. Whilst winning is not an end in itself, we believe that the efforts by our students in their participation in sport will help them to be their best and lead them to succeed throughout their lives.

Our Representative System

Our diversified sporting program offers students the opportunity to participate in a range of individual and team sports and provides pathways to representative selection.

Nowra Anglican College has a few different pathways for representation depending on the particular sport. However selection in most sports follows the NSW Combined Independent Schools pathway which is illustrated below.

Sports that follow this pathway include (but are not limited to) Athletics, Swimming, Cross Country, AFL, Baseball, Basketball, Football, Hockey, Netball, Softball, Tennis, and Touch Football.



Please Note: Our Junior School students do not have the AICES level in their representative pathway.

There are a number of useful websites to assist parents with their queries regarding particular sports. For further information please refer to the following:

Association of Independent Co-Educational Schools (AICES)

www.aices.com.au

NSW Combined Independent Schools (NSW CIS)

www.revolutionise.com.au/nswcis/home

There are a number of sports that have different arrangements for representation. Some sports will bypass the SASSA and AICES levels and go straight to CIS or All Schools competitions.

These include selections for sports such as AFL, Gymnastics, Cricket and Triathlon.

Students also represent the College in local and knock-out competitions. We participate in local Shoalhaven and Illawarra competitions and various statewide competitions such as the Bill Turner Cup in Football, the Wiburd Shield in Cricket, Illawarra Rugby carnivals, the Sydney Anglican Schools Corporation Netball Cup, Shoalhaven Basketball Gala Days and local friendly games against Shellharbour Anglican College.

Students may also participate in competitions organised by local Equestrian, Mountain Biking and Snow Sports Associations.

Further to this, our students participate in international sporting tours and have competed in the sports of Rugby, Football and Netball in Singapore and New Zealand.

Sporting Calendar Overview

In order to assist parents in organising individual schedules, key dates have been published in this booklet. There is a continual review of the co-curricular Sports Program at the College. At times there are situations beyond our control which require changes to the dates listed below. As a result there may be minor changes to the information included in this handbook. Parents will be notified of changes as necessary. For further information please speak with sports staff or consult the appropriate websites listed above.

These dates were correct at the time of printing (30th April 2021).

Term 1

Junior School Swimming Carnival	Friday 19th February
Senior School Swimming Carnival	Friday 12th February
SASSA Combined Swimming Carnival (Combined Senior and Junior School Carnival)	Thursday 4th March
CIS Swimming Carnival Primary	Thursday 18th March
AICES Senior Swimming Carnival	Wednesday 24th March
Senior School Cross Country Carnival	Wednesday 31st March

Term 2

CIS Junior Soccer	Friday 23rd April
Junior School Cross Country Carnival	Thursday 29th April
CIS Swimming Carnival Senior School	Monday 26th April (Night Session)
CIS Swimming Carnival Senior School	Tuesday 27th April (Day Session)
AICES 15s Girls Soccer	Wednesday 5th May
AICES 16s Boys Soccer	Wednesday 5th May
AICES Open Soccer	Thursday 6th May
CIS Junior Netball	Friday 7th May
SASSA Cross Country	Friday 21st May
AICES Touch Football	Wednesday 26th May
AICES Cross Country	Wednesday 2nd June
CIS Cross Country (Senior & Junior School)	Thursday 10th June
Junior School Athletics Carnival	Thursday 15th June
Senior School Athletics Carnival	Friday 16th June
SASSA Surfing	Friday 18th June
AICES Rugby Camp	Saturday 23rd May- Sunday 30th June

Term 3

SASSA Junior Athletics Carnival	Wednesday 11th August
SASSA Senior Athletics Carnival	Wednesday 18th August
AICES Senior Athletics Carnival	Wednesday 1st September
CIS Junior Athletics Carnival	Thursday 2nd September
CIS Senior Athletics Carnival	Tuesday 14th September

Term 4

SASSA Basketball	Tuesday 19th October
AICES 15s Basketball	Wednesday 27th October
NAC Sports Presentation Assembly	Thursday 11th November

Equestrian

Individuals will need to enter into competitions but compete for the NAC team overall.

Uniform requirements for individuals representing the NAC team at equestrian events:

- Cream jodhpurs
- White, collared shirt
- School tie (boys)
- NAC woolen jumper
- Blue saddle cloth with white and/or red piping which includes the NAC logo sewn on the rear (available to borrow from the College or is available from the school uniform shop)
- Browbands for horses/ponies - blue, white, and red.

A NAC Equestrian Facebook group has been created to assist equestrian team members with communication about team Equestrian events. You can request to join this group on Facebook. The College also has an email contact group in Edumate that may from time to time receive notifications about events. If you would like to be included in this group, please email office@nac.nsw.edu.au.

NAC Sports Awards Presentation Assembly

We believe it is important to acknowledge student effort and performance for sporting endeavours and achievements. The Nowra Anglican College Senior School Sports Awards Assembly will be held in Term 3 in the College Gymnasium.

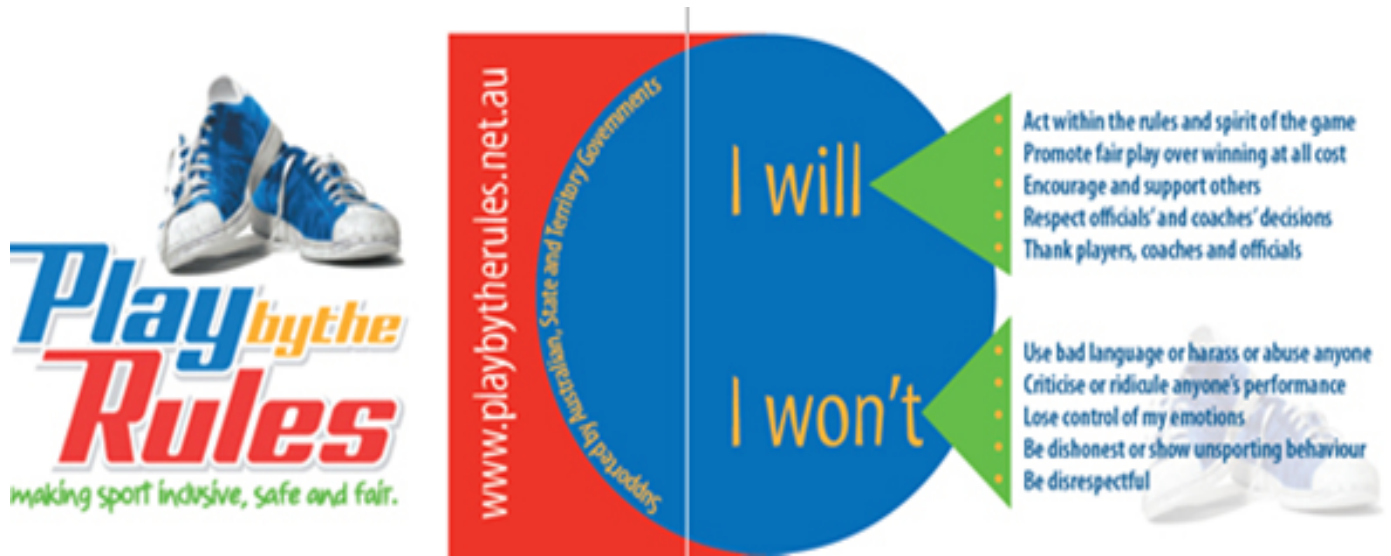
Students will be presented with Best and Fairest and Most Improved awards. Age Champion Medallions will be presented for Swimming, Cross-Country and Athletics and overall sporting awards will be presented for "Sportsman/Sportswoman of the Year", "Team of the Year", "Swimmer of the Year", "Basketballer of the Year" etc.

Students who have received accolades for their efforts at higher levels will also be presented. These include AICES and NSW CIS Blues and Honours awards. At this Assembly students who have represented Australia will be inducted into the College's Hall of Fame.

All parents/carers, family members and friends are welcome to attend this event to support our students.

Codes of Conduct

Codes of sporting conduct have been developed in conjunction with the “Play by the Rules” national program which is designed to make sport safe, fair and inclusive.



Players' Code of Behaviour

- At all times play within the rules of the game
- Abide by the decision of the officials. Never argue with an official
- Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not permitted in any sport
- Work equally hard for yourself and/or for your team. Your team will benefit and so will you
- Be punctual to training and all matches
- Be a good sport. Applaud all good plays, whether they be by your team, opponent, or the other team
- Treat all players as they would like to be treated. Players must not interfere with, bully or take unfair advantage of another player
- Cooperate with your coach, teammates and opponents. Without them, there would be no competition
- Players are expected to be modest in success and generous in defeat
- Players are to wear the appropriate College uniform, sports uniform and footwear to and from the event and during competition
- Do not partake in the drinking of alcohol or taking of other drugs whilst representing the College
- All grounds must be kept clean – litter must be placed in the bins provided

Coaches' and Managers' Code of Conduct

- Place the safety and welfare of the participants above all else
- Help each person to reach their potential. Respect the talent, developmental stage and goals of each person, and encourage them with positive and constructive feedback
- Treat each person as an individual
- Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality, or religion
- Recognise that games and competition are for enjoyment and satisfaction comes from doing one's best
- Act within the rules and spirit of your sport
- Promote fair play over winning at any cost
- Respect the decisions of officials, coaches, and administrators
- Develop within your players respect for the judgement of all officials
- Show respect and courtesy to all involved with the sport
- Coaching from the sidelines should be restrained. Coaches are not to encroach on the field of play except to assist an injured student or if called in by an official
- Obtain appropriate qualifications and keep up-to-date with the latest coaching practices and the principles of growth and development of participants
- Be aware of and support the sport's injury management plans and return to play guidelines
- Ensure your decisions and actions contribute to a harassment-free environment
- Uphold the College's Alcohol and other drug policies
- Uphold the College's Child Protection policy including ensuring that any physical contact with another person is appropriate to the situation and necessary for the person's skill development
- Never advocate or condone the use of illicit drugs or other banned performance-enhancing substances or methods
- Any conduct of players or spectators in contravention of the code of conduct is to be reported to the Head of Sport/Deputy Principal as appropriate

Spectators' Code of Behaviour

- Children play organised sports for fun. They are not playing for the entertainment of spectators only, nor are they miniature professionals
- Applaud good performance and efforts from each team. Congratulate all participants upon their performance regardless of the game's outcome
- Respect the officials' decisions
- Never ridicule or scold a child for making a mistake during a competition
- Barracking is expected to be positive and enthusiastic and never directed toward the opposition.

The following are examples of poor sportsmanship:

- Barracking during a kick at goal
- Attempting to influence a referee's decision
- Applauding a player's dismissal from the game
- Booming
- Whistling
- Disagreeing with the decision of an official
- Condemn the use of violence in any form, be it by spectators, coaches, officials, or players
- Show respect for your team's opponents. Without them, there would be no game
- Encourage players to follow the rules and the officials' decisions
- Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches, or officials
- Comments should not interfere with the running of the game
- Praise is encouraged at all levels
- Complaints concerning the conduct of games should not be made during or after the game. They should be referred to the Deputy Principal or Head of Junior School and any action should be left to his/her discretion
- Under no circumstances should parents contact other schools directly
- Smoking, drinking alcoholic beverages, and the taking of non-prescribed drugs is strictly forbidden at College sanctioned sporting events
- Students in attendance at games where Nowra Anglican College is represented are considered representatives of our school community and therefore will be required to abide by the College's Behaviour Management Policy
- All grounds must be kept clean – litter must be placed in the bins provided.

Representation Policy

To represent Nowra Anglican College at any level of school sport or other activity is a privilege and honour.

The purposes of this policy are to ensure:

- The behaviour of students selected as representatives of Nowra Anglican College is of a high standard
- Staff assisting/supervising school representatives will have a set of procedures consistent with the ethos of the College's Behaviour Management Policy
- Students are aware of the College's expectations concerning their behaviour while representing the school in sport and other activities
- It is important that staff assisting/supervising representatives ensure this policy is discussed with and understood by all students participating in the representative sport or co-curricular activity

EXPECTATIONS PRIOR TO REPRESENTING THE NOWRA ANGLICAN COLLEGE

- The behaviour/s exhibited within the College community prior to representation should clearly signify the student's capacity to represent Nowra Anglican College in a wider context to an acceptable standard.
- Students must uphold the wearing of the school uniform on all occasions as outlined in the College Handbook. Failure to demonstrate these capacities may lead to the withdrawal of the student from representative situations.
- Students must have completed classwork and assessment tasks and failure to have completed schoolwork to a satisfactory standard may result in exclusion from representation in sports and other activities.
- Students who receive three or more application grades on their previous semester's report of D or E may jeopardise their eligibility to represent the College in co-curricular activities. This will be at the discretion of the Deputy Principal.
- Students who are on a Behaviour monitoring card of Level 3 may jeopardise their eligibility to represent the College in co-curricular activities. This will be at the discretion of the Year Coordinators in conjunction with the Deputy Principal.
- Students who are on a Behaviour monitoring card of Level 4 will not be eligible to represent the College in co-curricular activities.
- ALL students representing Nowra Anglican College are required to travel as a team when bus transport is provided.
- Full College uniform must be worn when travelling and representing the College.

EXPECTATIONS OF NOWRA ANGLICAN COLLEGE SPORTING REPRESENTATIVES

- Compete by the competition conditions and rules
- Never argue with a decision of a referee, umpire, or judge
- Control their temper
- No criticism of an official (referee, coach, manager, trainer, etc.)
- Using obscene language will not be tolerated while a member of the team or wearing the school uniform/sporting apparel (eg. in a school jersey while spectating etc.)
- Cooperate with your coaches, supervising teachers and officials, and treat these people and your opponents with respect
- Smoking, drinking alcoholic beverages, and the taking of non-prescribed drugs as a member of the team is strictly forbidden

Student Code of Conduct for Tours

The fundamental expectation governing student conduct is that each student should behave in a manner that respects others. Students are expected to treat others in the manner they would like to be treated themselves. The best possible conduct and appropriate behaviour is expected from all students at all times as ambassadors of our College.

Tour Prerequisite Conditions:

- Students must have an attendance rate of at least 90%
- School fees are up-to-date
- Student behaviour must be of an exemplary standard in order to represent the College
- Students must adhere to the Student Code of Conduct at all times, prior to and during the trip. Students will be removed from the tour if their behaviour is not in keeping with the standard of behaviour expected of a student at Nowra Anglican College
- Students must uphold the wearing of the school uniform on all occasions as outlined in the Whole School Handbook
- Students who are on a Level 2 or 3 card will need to justify why they should be included on the tour
- Students who are on a Level 4 card will be excluded from the tour

While on tour, students are expected to be courteous, punctual and obedient to instructions given by their instructors and are expected to attend all classes and planned activities. Students must inform staff of all movements with a safety requirement of at least three in a group is expected for all activities.

In all circumstances, the touring Staff will meet behaviour that is not in accord with Nowra Anglican College's expectations with appropriate disciplinary action. The following are some examples of unacceptable behaviour:

- Bad language, abusive speech
- Consumption of alcohol
- Smoking cigarettes or using illegal or other substances
- Harassing or bullying behaviour including teasing
- Sexual harassment
- Racism in any form including negative comments
- Fighting, whether verbal or physical
- Purchase and use of fireworks and replica (BB) guns
- Behaviour that is dangerous to themselves or others
- Breaking the law of the country
- Dressing inappropriately (bare midriffs, miniskirts, shoestring straps underwear)
- There will be no boys in girls' rooms & no girls in boys' rooms at any time

In serious circumstances whilst on tour, student's parents will be contacted and students dealt with by the College on their return. Incidents that occur prior to departure of the tour which requires student exclusion will result in 50% of payments made being withheld by the College.

Students will endeavour to communicate any difficulty of a personal, financial or social nature to one of the supervising teachers so that the harmony of the group can be safeguarded at all times.

Higher Representation Expectations

Often students are selected to represent the College at higher levels such as representation of the Southern Anglican Schools Sports Association (SASSA), the Association of Independent Co-educational Schools (AICES), NSW Combined Independent Schools (CIS) and NSW All Schools.

Students who are selected for higher representation duties and commit to these teams must turn up to the necessary training and to the events.

Students who achieve higher representation but do not comply with the expectations mentioned above may receive disciplinary consequences at a school level via the Principal.

CONSEQUENCES

Should a student choose not to follow the expectations mentioned above:

- Minor indiscretions will be addressed by the staff member in charge of the sport and may require the intervention of The Head of Sport
- Major indiscretions will be referred immediately to The Deputy Principal and The Head of Sport

Depending on the seriousness of the misbehaviour/breach of expectations, the College may decide further action should be taken regarding the matter. This could involve suspension from further sporting representation, including representation in other sports.

The student must earn back his/her privilege to represent the College and this must be done at the discretion of the Principal/ Deputy Principal and the Head of Sport.

SPECTATOR POLICY (SCHOOL STUDENTS)

- Smoking, drinking alcoholic beverages, or taking non-prescribed drugs is strictly forbidden
- Students in attendance at games where Nowra Anglican College is represented are considered representatives of our school community and therefore will be required to abide by the College's Behaviour Management Policy
- All officials, teachers, coaches, and opposing players, parents and spectators are to be treated with respect and courtesy. No abusive behaviour towards such people will be tolerated

Attendance at Sporting Carnivals for Collegians

Each year Nowra Anglican College runs carnivals for Swimming, Athletics and Cross-Country for both Junior and Senior Schools. These carnivals are major events in the school calendar and are part of our school program for a number of good reasons. Firstly they promote participation in sport and the promotion of a healthy lifestyle. Secondly, they foster community building through the College House structure.

Participation is key to the success of our carnivals and all students are expected to attend and participate. It is particularly important that our most senior students, those in Years 11 and 12, take the lead in this. As an example to students in younger years, it is important that our senior students model good behaviour, attitude and participation.

When students leave us at the end of Year 12 they are eligible to receive a school reference in which we recommend the student and vouch for their good character, the effort they have demonstrated and their involvement in the life of the College. If a student has not attended significant events such as our school carnivals then the demonstrated commitment of the student to the life of the College is brought into question.

Therefore, in order to obtain a school reference in which we do vouch for the student, attendance and participation at school carnivals is important. Students wishing to receive a school reference should ensure that they attend school carnivals and participate, either as a contestant, as a house organiser, or in the running of the carnival. Failure to do this may ultimately result in the refusal by the College to provide the student with a school reference.

Higher Representation at SASSA Carnivals

Representation of the College is an honour and Year 11 and 12 students are encouraged to participate in sport. Nowra Anglican College provides a comprehensive sporting program and participation in sport in the senior years is beneficial. The three major sporting carnivals are the SASSA Swimming, Athletics and Cross-Country carnivals. One of the aims of the College is to enter full teams in all events at these three major carnivals.

Nowra Anglican College is in a fortunate position in that Collegians can attend the Swimming and Cross Country carnivals and then return to school. This allows our students to minimise the amount of time missed from class. Collegians are encouraged to represent the College, particularly in these three sports. In addition, House Captains are required to attend the SASSA Swimming, Cross Country and Athletics carnivals to either compete, officiate or, act as team organisers to assist the staff and the team manager.

Concussion Policy

Concussion is a significant and complex health issue. The aim of the Nowra Anglican College Concussion policy is to ensure that all players with a suspected concussion - in all sports and at all levels - receive timely and appropriate advice and care to enable them to safely return to everyday activities and sport.

This policy is based on current best practice and the College has adopted the Australian Rugby Union's Concussion procedures for students involved in an incident in the sporting environment. The policy is designed to allow staff to recognise and manage concussion at all levels of play thus creating a safer sporting environment.

It will help players, coaches, officials and parents:

- understand what concussion is and why it is important, particularly for children
- recognise concussion
- manage a suspected concussion
- manage return to participation after concussion
- know where to get more information about concussion.

Concussion is a disturbance in brain function rather than a structural injury to the brain. It is caused by direct or indirect force to the head, face, neck, or elsewhere with the force transmitted to the head. A player does not have to be knocked unconscious to have a concussion. Loss of consciousness is seen in only 10–15% of cases of concussion.

Concussion is difficult to diagnose and only medical doctors can definitively diagnose a concussion. However, recognising a suspected concussion at the time of injury is extremely important to ensure appropriate management and to prevent further injury.

Concussions occur in almost every sport or recreational physical activity. It is more common in sports and activities with full physical contact between players (like the full contact football codes and combat sports like martial arts and boxing) or where players can hit their head forcefully on the ground (for example, snow sports, cycling, horse riding and skateboarding).

For further information please refer to:

<http://www.rugbyau.com/about/codes-and-policies/safety-and-welfare/concussion-management>

<https://sma.org.au/sma-site-content/uploads/2018/03/Concussion-Policy-2018.pdf>

STEP BY STEP PROCEDURE SUMMARY

STAGE 1 – ON THE DAY OF THE INJURY		
STEP	DESCRIPTION OF ACTION	RESPONSIBLE
1	RECOGNISE: A potential head injury or concussion must be acknowledged if a player has any of the signs, symptoms or fails to answer any of the orientation and memory questions after a head or body collision.	Player / Parent / Club or School Team Official / First Aid/Medical Official / Match Official
2	REMOVE: Any player with signs or symptoms of a potential head injury or concussion must be removed from the rugby field immediately. Any player with a potential head injury or concussion may also have a neck injury. If a neck injury is suspected, the player must only be removed by experienced health care providers with spinal care training.	Coach / Club or School Team Official / First Aid/Medical Official / Match Official
3	RECORD: Any player removed from the field of play with a potential head injury or concussion must be recorded on the team match scorecard and entered in Rugby Link as part of post-match tasks. For those competitions not using Rugby Link, the Competition Manager must be notified of any player removed from the field of play with a potential head injury or concussion.	Team Manager / Match Day Manager / Club or School Team Official
3	RECORD: Competition Managers and Club Rugby Link Admin are notified of any concussion injury entered in Rugby Link. A list of all players with concussion records can be found in the incident detail report. The injury is converted to an injury case. Competition Managers enter the length of exclusion subject to GRTP protocols associated with advanced and standard care pathways. Where competitions do not use Rugby Link, the Competition Manager must ensure that management procedures are in place for the central recording of concussion injuries.	Competition Manager / Club Rugby Link Admin
4	REFER: All players with potential head injury or concussion must be referred to a medical doctor or emergency department as soon as practical (within 72 hours of the injury). If there are serious concerns about the player or red flags, then the player must be referred to an Emergency Department as soon as possible or call an ambulance. Rugby Australia Head Injury Fact Sheet and Rugby Australia Concussion Referral and Return Form must be given to the player or family member/guardian. Section 1 and 2 of Rugby Australia Referral & Return Form must be completed.	Parent / Guardian / Club or School Team Official / Medical Doctor

STAGE 2 – ON THE DAYS FOLLOWING THE INJURY		
STEP	DESCRIPTION OF ACTION	RESPONSIBLE
5	REST: Rest is crucial to recover from concussion. Players must rest (that is reduce physical and mental activity) until all post-concussion signs and symptoms have disappeared AND they have stopped all medication required for treatment for their concussion symptoms (e.g. pain killers for headaches). The minimum rest time is 24 hours for adults whilst children and adolescents require a longer rest period.	Player / Parent / Guardian
6	RECOVER & RETURN TO EXERCISE: World Rugby has specified in Regulation 10, minimum time periods for players to rest and recover. These are a minimum and a guide, so the Rest and Recover phases may be longer than specified for some players. Light exercise can only start after a player has returned to activities of normal daily living without increased signs or symptoms of concussion and does not require medication for their symptoms. The best way to return to sport is to follow a gradual re-introduction of exercise in a step-wise progression known as a graduated return to play (GRTP) programme.	Player / Parent / Guardian / Club or School Team Official /
7	RECORD & RETURN TO CONTACT TRAINING: A Player can only return to contact training when they have fully recovered from concussion and provided confirmation that they have recovered from medical doctor. Rugby Australia Concussion Referral & Return Form section 3 must be completed by the doctor, and then the player or parent guardian will present to the nominated Club or School Team Official. The Club or School Team Official will then present a copy of this form to the Competition Manager. The Player would then be available to return to full contact training after the Competition Manager approving 'release' in Rugby Link.	Player / Parent / Guardian / Club or School Team Official / Competition Manager / Medical Doctor /
8	RETURN TO PLAY: A Player can only return to play when they have fully recovered from concussion. Players 18 years and under cannot return to play (GRTP Stage 6) for at least 19 days after all symptoms and signs have disappeared. Adult players, 19 years and over, cannot return to play (GRTP Stage 6) for at least 12 days after all symptoms and signs have disappeared.	Player / Parent / Guardian / Club or School Team Official

RUGBY AUSTRALIA HEAD INJURY FACT SHEET

PLAYER INFORMATION

The signs and symptoms of concussion may occur immediately or may develop over minutes, hours or days. It is possible that people feel better soon after a head injury, but that does not mean they have not suffered a concussion. The changes in your brain may develop over some time and may persist for days and weeks, even after a relatively minor hit.

Some of the signs of concussion include (but are not limited to);

- Suspected or definite loss of consciousness
- Disorientation
- Incoherent speech
- Confusion
- Memory loss
- Dazed or vacant stare
- Headache
- Dizziness
- Difficulty concentrating
- Sensitivity to light
- Ringing in the ears
- Fatigue
- Vomiting
- Blurred vision
- Loss of balance

Rugby Australia takes concussion very seriously and if there is any doubt, Rugby Australia has instructed all participants to err on the side of caution. Therefore, the message for all players' is

IF IN DOUBT SIT THEM OUT

WHAT TO DO

You must now follow **Rugby Australia Standard Care Pathway** of concussion management.

Having been recognised as having a potential concussion, you should next make an appointment to see a medical doctor in the next 1-2 days. This may be a GP or a specialist Sports and Exercise Physician or another medical doctor. It may not be a physiotherapist, chiropractor, osteopath, trainer, or masseur.

This medical doctor will assess you and guide your progress over the next steps in the process. Whilst waiting to see the medical doctor, you should take things quietly and be in the care of a responsible adult at all times.

Note: The player must completely rest for a minimum of 24 hours after injury. The required time of rest varies from player to player, so a medical doctor will specify the minimum time of rest for each individual player.

It is advisable when making an appointment to see a medical doctor to note the following;

- An assessment can take 30 minutes, so a long appointment should be requested at the time the appointment is booked
- Take a copy of the Concussion Management Medical Doctor Information with you
- Take a copy of the Referral and Return Form (section 1 completed)
- Take a copy of the SCAT5 to the doctor if done elsewhere

WHAT NOT TO DO

- Be left alone
- Drink alcohol
- Drive a car
- Handle heavy machinery
- Swim alone
- Watch TV or play computer games if they irritate your symptoms
- Take anti-inflammatory medications or any pain killer stronger than Panadol unless instructed by your doctor

RED FLAGS

The signs and symptoms of concussion can sometimes be the same as more severe head injuries. If the following signs and symptoms occur, they may be a sign that there is something more serious happening. These are called RED FLAGS and if they occur you should immediately attend the nearest Accident and Emergency Centre, or ring 000 for an ambulance.

- Deteriorating conscious state (i.e. becoming drowsier)
- Increasing confusion or irritability
- Behaving unusually or a change in their normal behavior
- Fit, seizure or convulsions
- Double vision
- Slurred speech
- Continuing unsteadiness on their feet
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Repeated vomiting – more than once etc.
- Severe or unusual neck pain

Rugby Australia Concussion Management Procedure provides information on the process and the obligations on all participants, it is important that you read this document and understand your obligations.

For further information please refer to <https://www.rugbyau.com/about/codes-and-policies/safety-and-welfare/concussion-management>

NOTE: A player must provide a completed Rugby Australia Concussion Referral & Return form to their team manager for presentation/submission to the competition manager prior to returning to full-contact training and/or match play.

CONCUSSION REFERRAL & RETURN FORM

This Concussion Referral & Return Form MUST be completed as specified by *Rugby Australia Concussion Procedure*.

NOTE: THIS IS A LEGAL DOCUMENT AND UPON COMPLETION (Sections 1-3) MUST BE PROVIDED TO THE COMPETITION MANAGER BEFORE A PLAYER RETURNS TO FULL CONTACT TRAINING AND PLAYING.

FAILURE TO COMPLETE ANY SECTION OF THIS FORM WILL RESULT IN THE PLAYER BEING EXCLUDED INDEFINATELY FROM FULL CONTACT TRAINING AND PLAYING

SECTION 1 - PLAYER DETAILS *(please print clearly)*

TEAM OFFICIAL TO COMPLETE (Manager, Coach or First Aid / Medical Officer) AT THE TIME/ON THE DAY OF THE INJURY, BEFORE PRESENTING TO MEDICAL DOCTOR REVIEWING THE PLAYER

Name of player:	Date of Birth:
Club/School:	Competition/State:

Dear Doctor,

This rugby player has presented to you today because they were injured on (day & date of injury) _____ in a (game or training session) _____ and **suffered a potential head injury or concussion.**

The Injury involved: (select one option)	Direct head blow or knock	<input type="checkbox"/>
	Indirect injury to the head e.g. whiplash injury	<input type="checkbox"/>
	No specific injury observed	<input type="checkbox"/>

The subsequent signs or symptoms were observed (Please select one or more)
Consult the referee if no signs and symptoms were observed by team official personnel

Loss of consciousness: <input type="checkbox"/> Disorientation: <input type="checkbox"/> Incoherent Speech: <input type="checkbox"/> Confusion: <input type="checkbox"/> Memory Loss: <input type="checkbox"/> Dazed or Vacant Stare <input type="checkbox"/> Headache: <input type="checkbox"/> Dizziness: <input type="checkbox"/>	Difficulty Concentrating: <input type="checkbox"/> Sensitivity to light: <input type="checkbox"/> Ringing in the ears: <input type="checkbox"/> Fatigue: <input type="checkbox"/> Vomiting: <input type="checkbox"/> Blurred vision <input type="checkbox"/> Loss of balance: <input type="checkbox"/> Other: _____
---	--

Is this their first concussion in the last 12 months? (Please Circle) YES NO

If NO, how many concussions in the last 12 months: _____

Name:	Signature:	Role:	Date:
-------	------------	-------	-------

PLAYER or PARENT / LEGAL GUARDIAN CONSENT (for players under 18 years of age)

I _____ (insert name) consent to Dr. _____ (insert Doctor's name) providing information if required to Rugby Australia concussion consultant regarding my head injury and confirm that the information I have provided the doctor has been complete and accurate.

Name:	Signature:	Date:
-------	------------	-------

SECTION 2 - INITIAL CONSULTATION – MEDICAL DOCTOR

Rugby Australia takes concussion seriously and its default position is that all players who have suffered a concussion or a suspected concussion must be treated as having suffered concussion.

The player has been informed that they must be referred to a medical doctor. **Your role as a medical doctor is to assess the player and guide their progress over the remaining steps in the process.**

Detailed guidance for you, the medical doctor, on how to manage concussion can be found in Rugby Australia’s Concussion Management Medical Doctor information on [the Rugby AU website](#).

Please note, any player who has been diagnosed showing signs and symptoms of concussion MUST follow the Graduated Return to Play (GRTP) programme.

ADULTS AGED 19 AND OVER – the MINIMUM period before RETURN TO PLAY is 12 days
CHILDREN AND ADOLESCENTS AGED 18 AND UNDER – the MINIMUM period before RETURN TO PLAY is 19 days

I have assessed the player and I have read and understood the information above and confirm I have read Rugby Australia’s Concussion Management Medical Doctor Information.

DOCTORS NAME:	
SIGNED:	
DATE:	

SECTION 3 - CLEARANCE APPROVAL – MEDICAL DOCTOR

DOCTOR TO COMPLETE (please print clearly)

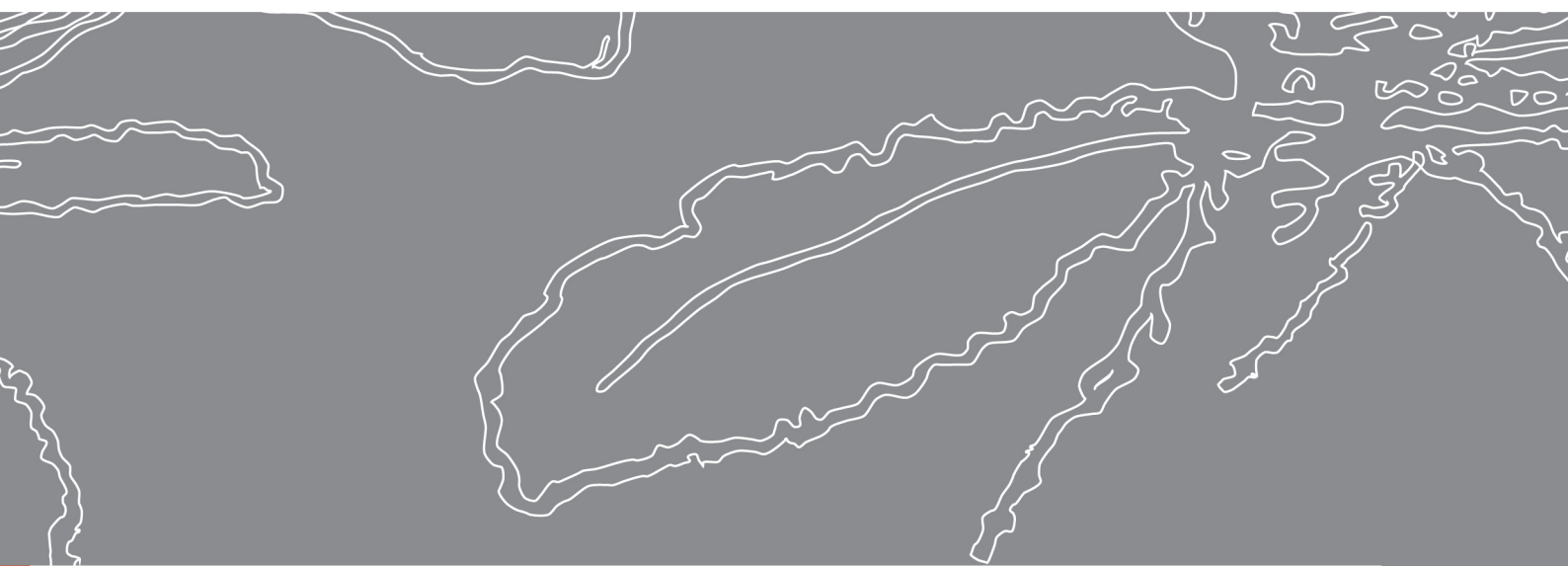
I (Doctor’s Name) _____ have reviewed _____ (players name) today and based upon the evidence presented to me by them and their family / support person, and upon my history and physical examination I can confirm:

- I have reviewed Section 1 of this form and specifically the mechanism of injury and subsequent signs and symptoms
- The Player has undertaken the age specific mandatory rest period
- The Player has completed steps 2, 3 and 4 of Rugby Australia’s Graduated Return to Play process without evoking any recurrence of symptoms
- The Player has returned to school, study or work normally and have no symptoms related to this

I also confirm that I have read Rugby Australia’s Concussion Management Medical Doctor document - <http://rugbyau.com/about/codes-and-policies/safety-and-welfare/concussion-management>

I therefore approve that this player may return to full contact training (Stage 5 of the Graduated Return To Play) and if they successfully complete this without recurrence of symptoms, the player may return to playing Rugby.

Doctors Name: _____ **Signature:** _____ **Date:** _____



Nowra Anglican College is an
Anglican Schools Corporation school

ABN 63 544 529 806

TELEPHONE (02) 4421 7711
FACSIMILE (02) 4421 7722
EMAIL office@nac.nsw.edu.au
WEBSITE www.nac.nsw.edu.au

ADDRESS Cnr Princes Hwy and West Bunberra St,
Bomaderry NSW 2541
MAIL TO PO Box 2382,
Bomaderry NSW 2541