



Dear Doctor,

Player Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Date of Incident: \_\_\_\_\_

Time of Incident: \_\_\_\_\_

Previous Concussions: YES / NO

If YES, date of most recent concussion: \_\_\_\_\_

Mechanism of Injury: \_\_\_\_\_

This rugby player was removed from the field of play after being assessed by a healthcare professional, paramedic, or EMT trained in concussion recognition, as showing signs and symptoms consistent with a concussion or suspected concussion. Details are provided in the chart below.

Presenting Signs and Symptoms	Tick appropriate boxes	Details (e.g., duration/frequency)
Loss of consciousness or responsiveness		
Suspected loss of consciousness		
Lying motionless on playing surface		
Disorientation or confusion		
Staring or limited responsiveness		
Inability to respond appropriately to questions		
Dazed, blank, or vacant look		
Seizure, fits, or convulsions		
Slow to get up after a direct or indirect hit to the head		
Unsteady on feet, balance problems, poor coordination, or wobbliness		
Facial injury		
Headache / "pressure in head"		
Nausea or vomiting		
Drowsiness or dizziness		
Blurred vision		
Sensitivity to light		
Sensitivity to noise		
Fatigue or low energy		
"Don't feel right"		
Neck pain		
Difficulty concentrating or remembering		
Feeling slowed down or "in a fog"		
Other symptoms or signs suggesting suspected concussion (Specify):		

- **All players under 19 years** should be reviewed by a doctor the same day as the incident.
- **All players aged 19 and over** should be reviewed by a doctor or healthcare professional specialising in concussion within 72 hours of a concussive event and, at minimum, complete a SCAT 6 assessment with the healthcare professional or doctor.
- **All players** should see a doctor specialising in concussion as soon as possible if symptoms deteriorate or do not resolve, as this may indicate a more significant traumatic brain injury that requires further medical attention.

Under World Rugby and Singapore Rugby Union protocols, if **ANY** of the above signs or symptoms are recorded, the player must be managed through the World Rugby **Recognize and Remove** process and complete the SRU Return to Sport (RTS) programme supervised by their doctor or healthcare professional. This programme will take a minimum of 21 days, with at least 14 of those days being symptom-free before the player can resume playing.

Please do not hesitate to contact me if you require any additional information.

Print Name: \_\_\_\_\_ Signed: \_\_\_\_\_

Contact No.: \_\_\_\_\_ Role: Doctor, Healthcare Professional, Paramedic/EMT



## Return to Sport (RTS) Programme

Players:

- Under 19 years (including those playing senior rugby): Medical check by a doctor specialising in concussion, or an A&E doctor on the same day as the incident.
  - Aged 19 and over: Should see a doctor specialising in concussion if symptoms increase or do not resolve promptly.
- A SCAT 6 or Child SCAT 6 assessment should be completed for all players by a doctor or healthcare professional specialising in concussion within 72 hours.

Stage	Aim	Activity	Goal of Each Step
1	Initial Rest (Physical and Cognitive)	<b>Minimum 24 hours.</b> No driving and only light activities that do not increase symptoms. Consider time off work or adjustments to work/study.	Recovery
2a	Symptom-limited activity after initial 24 hours	<b>Minimum 24 hours.</b> Daily activities that do not provoke symptoms.	Gradual reintroduction of work/school and normal activities
2b	Light aerobic exercise	<b>Minimum 14 days.</b> Walking or stationary cycling at a slow to medium pace. No resistance training.	Increase heart rate without provoking symptoms

All Players:

- 1 Minimum 16 days for Stages 1-2b.
- 2 Review by a doctor (all U19s) or doctor/ healthcare professional specialising in concussion for clearance to start Stage 3.
- 3 Symptom check and SCAT 6 (or Child SCAT 6) completed if any prior tests were abnormal.

For Stages 3-5, if asymptomatic for a minimum of 24 hours after each stage, players may progress to the next stage.

Players should be monitored by a doctor or healthcare professional with experience in concussion management while completing Stages 3-5.

Stage	Aim	Activity	Goal of Each Step
3	Sport-specific exercise	Running drills. No head impact activities.	Add movement
4	Non-contact training drills	More intensive drills, e.g., passing drills. May start progressive resistance training.	Exercise, coordination, and increased thinking
5	Full contact practice	Participation in normal training activities.	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	Return to sport

ALL PLAYERS: Completion of the RTS form by a doctor or healthcare professional specialising in concussion is required before Stage 6 .

The signed form should be submitted to SRU medical at [medical@SRU.org.sg](mailto:medical@SRU.org.sg), who will confirm clearance.

All players: **Minimum 21 days and at least 14 symptom-free days** are required for return to play.