



## **Rugby Montana Medical Policy:**

Having a clear medical policy is paramount to player welfare and the priority of all Rugby Montana organizers, coaches, active volunteers, and referees. Rugby Montana follows USA Rugby's Medical safety policy and the State of Montana's safety laws.

USA Rugby's, the State of Montana, and Rugby Montana's medical and concussion policies and laws should be adhered to at all times by administrators, coaches, referees, medical personnel, players and parents.

## **Medical Coverage requirements for all Rugby Montana events:**

1. Certified Athletic Trainer at every contact rugby match.
2. Only if no ATC available, at minimum a Paramedic covering the match.
3. Medical Professional should be at the match at least 30 minutes prior to the game for proper introductions and set up if required.
4. Emergency Action Plan in place and shared with all stakeholders from both teams. A Plan should be drafted for every location; practice and games. Plans should include addresses and directions to one hospital AND one urgent care facility, pertinent phone numbers for emergency responders and local team contact information. A copy of each plan is to be supplied to the Rugby Montana Administrator at the beginning of the season before any practices or matches begin, and throughout the season as soon as any changes are implemented to practice or match locations.
5. Properly stocked medical kits required at every rugby practice and match. Both the home and away team are required to have a properly stocked medical kit on the field for every match.
6. Rugby matches must not begin until medical professional is present.

## **48 hours prior to match:**

1. Submit Medical professional information to Rugby Montana Administrator.
2. Include name, phone #, email, qualification (AT, Paramedic)

## **Match Day Protocol for Coaches and Teams:**

1. Confirm medical professional attendance before the day of the match by email or phone.
2. At the field, coaches and team captains locate and introduce themselves to medical professionals. Coaches should then introduce medical staff to the referee for discussion of on field care during the match.
3. Coaches point out the medical kit from each team and provide a copy of the emergency action plan to the medical professional.
4. Coaches point out technical zones and areas for medical professional and administrative area.
5. Coaches follow up post match with medical professional to complete any post match reporting to be done.
6. Coaches are required to have the necessary Injury Report procedures and forms and to make these available to the medical personnel during an event.



### **Injury Occurrence:**

1. Medical professional treats player on the field.
2. If injury occurs, medical professional evaluates and discusses injury with Parent/Coach/Player who are present.
3. Medical professional completes medical report online immediately after the match. (If the medical personnel is unable to complete the report online, a paper form is to be emailed or given in person to the Rugby Montana Administrator within 24 hours of the event. Rugby Montana is notified of completed report, and it is forwarded to the coach and emergency contact (most likely parent) of the player involved.
4. If injury requires more follow up, the medical professional, coach, player and parent are involved in the follow up process.

### **Head Injury Occurrence:**

1. When a suspected head injury occurs, the medical professional evaluates the player immediately. If symptoms of head injury are present, or if player has lost consciousness, that player must be removed immediately from the match, not to return.
2. The match referee may also remove a player for suspected head injury. If this occurs, the player must be removed immediately from the match, not to return.
3. Medical professional performs a SCAT3 evaluation at the field and completes the SCAT3 form.
4. If no head injury present, the player still must not return to play in the current match.
5. If head injury is present: Player receives the SCAT3 form to take home and take to their doctor. Medical professional at the field keeps a photo of the SCAT3 form for records.
6. Medical professional reports the head injury online at SRO's medical page.
7. Player is immediately flagged or removed from rostering system, and ineligible to play until process is completed. A minimum of 2 weeks rest is required according to USA Rugby policy.
8. Parents and coach are emailed the 'Graduated Return To Play (GRTP)' form and the 'Injury Report' from the online system. In the body of the email is the process they must complete before returning to play.
9. Player completes GRTP process.
10. Player/parent submit GRTP Doc, SCAT 3 and Injury report; all three must be signed by the doctor who cleared the player. All three documents are submitted to the Rugby Montana office.
11. Player is reinstated in the rostering system and eligible to play after process is complete.

### **Rugby Montana will maintain a Medical Page on the website ([www.montanayouthrugby.org](http://www.montanayouthrugby.org)):**

1. Tab on the website for medical professionals under Resources
2. Tab will include all policies and protocols for player welfare, safety and injury reporting
3. Link for online submittal from medical professional, forms for injury reporting, State of Montana Dylan Steigers Act, Scat3 form, Graduated Return to Play (GRTP) form.



**All members of Rugby Montana will follow all requirements included in HB 0487 regarding protecting youth athletes from permanent injury and death related to concussion. Including, but not limited to the following excerpts from the act:**

“Organized youth athletic activity” means an athletic activity organized or sponsored by a school district, nonpublic school, or youth athletic organization in which the participants are engaged in an athletic game or competition against another team, club, or entity, in practice, tryouts, training exercises, or sports camps, or in preparation for an athletic game or competition against another team, club, or entity.

Section 3. Section 20-7-1303, MCA, is amended to read:

"20-7-1303. Youth athletes -- concussion education requirements. (1) Each school district, nonpublic school, or youth athletic organization in this state offering organized youth athletic activities shall adopt policies and procedures to inform athletic trainers, coaches, officials, youth athletes, and parents or guardians of the nature and risk of brain injuries, including the effects of continuing to play after a concussion. The policies, content, and protocols must be consistent with current medical knowledge and guidelines provided by the U.S. department of health and human services, centers for disease control and prevention, as to:

(a) the nature and risk of brain injuries associated with athletic activity;

(b) the signs, symptoms, and behaviors consistent with a brain injury;

(c) the need to alert a licensed health care professional for urgent recognition and treatment when a youth athlete exhibits signs, symptoms, or behaviors consistent with a concussion; and

(d) the need to follow proper medical direction and protocols for treatment and returning to play after a youth athlete sustains a concussion.

(2) A form documenting that educational materials referred to in subsection (1) have been provided to and viewed by each youth athlete and the youth athlete's parent or guardian must be signed by each youth athlete and the youth athlete's parent or guardian and returned to an official designated by the school or school district, nonpublic school, or youth athletic organization prior to the youth athlete's participation in organized youth athletic activities for the subsequent school year. The form shall apply for a period not to exceed 1 year. **(Provided by Rugby Montana at Registration and available on the website)**

(3) School districts, nonpublic schools, and youth athletic organizers shall ensure access to a training program consistent with subsection (1). Each coach, athletic trainer, and official participating in organized youth athletic activities shall complete the training program at least once each school year. **(Rugby Montana requires all active volunteers involved in training youth athletes to also be registered with USA Rugby and complete the required Concussion Education)**

(4) School districts, nonpublic schools, and youth athletic organizations may invite the participation of appropriate advocacy groups and appropriate sports governing bodies to facilitate the requirements of subsections (1) through (3)."