



**RADLEY**

**Off Games**

**December 2023**

## Off Games Policy

It is the policy of Radley College that if a boy is unfit or unwell and unable to participate in timetabled sport/games he will be added to the Absences list on SharePoint. This will be updated daily by the Health Centre staff. If a PHM or Tutor has put a boy as "off games" for a 24hr period, they will amend/archive this entry on the Absences list.

If a boy is unwell and in Social this will be updated by the PHM or Tutor.

If a boy is deemed unfit due to injury and this is likely to be longer than one day, this will be entered by the Health Centre staff. If there is a proposed date to return, then this will be added. If the boy needs to be reviewed before returning to sport, a review date will be added. The boy will be advised to come to the Health Centre before returning to games.

When there is a long-standing injury and the boy may be having ongoing treatment with a specialist or practitioner, the Absences list will be updated accordingly by the Health Centre staff as they receive the up-to-date information.

The Medical Officer for Radley College, Dr Nick Elwig, or another G.P from the Long Furlong Practice, physiotherapists and Sports Therapist will have overall responsibility for returning the boys to games after an extended period. However, Sarah Turner (Sports Health and First Aid Co-Ordinator) is able to make this decision while in communication with the medical team. If there is any uncertainty, then this will be escalated to the G.Ps or physiotherapists. This includes any boy having had lengthy treatment, or following information from outside practitioner, or any query of a boy's fitness to return.

Parents are requested that if their son has had treatment that they have instigated, as opposed to being directly referred by a school GP, to please inform the Health Centre. This includes specialists, physiotherapists, chiropractors, and osteopaths etc. Without this sharing of information the specialist/practitioner cannot advise on their son's off games status.

It is preferable for boys to have physiotherapy during term time from the current Radley physios. The physiotherapists are based in the Health Centre on Tuesday and Thursday afternoons and have a wealth of sports injury experience. The GP needs to make this referral to authorise the medical insurance, but this can be made through discussion with a nurse if there is enough details on Emis. An appointment can then be made through the Health Centre.

The physio will liaise with the Health Centre staff, who liaise with the Rehab team, as to the ongoing treatment and exercise programme that has been given to each boy. Health Centre staff also add to iSAMS for the PHMs' and Tutors' information. Parents are also updated directly by the physio as required.

If it is late in the day that a boy presents to be put off games through injury or illness he is asked to advise his coach, either by email or in person.

## **Injury during match days**

During rugby training sessions in the Michaelmas term, the First Aid & Sports Health practitioner is pitchside.

On match days, a college employed Emergency Nurse Practitioner (ENP) will be in attendance at pitches, along with a Paramedic Emergency Care Practitioner (ECP) and a further Paramedic. Practitioners will be stationed at a centrally located First Aid hut by the pitches, with appropriate signage. Two Medical Buggies will be in use. All rugby staff to have the requisite contact telephone numbers on the medical card.

The First XV team will have a Sports Therapist with their team on match days.

The school Emergency Nurse Practitioner (an injury specialist) to be in attendance on the pitches at every training afternoon and will be mobile on a Medical Buggy.

During the Lent Term, the Emergency Nurse Practitioner will be in attendance on match days.

Following the matches, injured boys will be seen and reviewed at the Health Centre, and the don responsible will write an Incident Report and submit to Health Centre, Tutor, PHM, Resident Sub-Tutor, MiC, and Ally Horton.

Any boy requiring transfer to hospital will be accompanied by their PHM, covering PHM or by a parent if they are present at the match.

All Dons carry a card with the key contact details of who to call if an injury is sustained. These cards are also handed out to the opposition coaches.

## **Away boys injured**

Any boy injured during an away match, and requiring hospitalisation, will be accompanied by the Duty Don. The number for the Duty Don is circulated to all travelling coaches before departure. He will liaise with the Health Centre, who will then cascade amongst those needing to know (parents, PHM, Tutor, Sub-Tutor).

Any boy sustaining an injury seen by the attending medical staff or treated at an opposition school's Health Centre, and has written documentation, needs to be accompanied to Radley Health Centre on his return to school.

If a boy sustains an injury and is then taken for a privi by the parents, the Health Centre needs to be made aware of the injury by the accompanying Don for follow-up purposes.

## **Injury during training sessions**

Each team will have a Don responsible for a first aid bag; this can be restocked at the Health Centre. There is a list of contents supplied with each bag.

All Dons responsible for sport will have attended a first aid course. This MUST be refreshed every 3 years, though ideally an annual update will be attended.

The First Aid & Sports Health coordinator will attend practice sessions throughout Michaelmas; she can be contacted by mobile phone. She will be moving around the pitches by buggy and is contactable by mobile phone.

Any boy having sustained an apparent concussion needs to be handed over to the First Aid & Sports Health coordinator or accompanied to the Health Centre, as a witness report will be required for any boy in a distressed situation. (Please refer to the College's Concussion Policy.)

The Rugby Dons attend a compulsory medical briefing at the beginning of the Michaelmas Term whereby they are informed of the above, which acts as a refresher on concussion and neck injury management. They are required to sign a register of attendance for this.

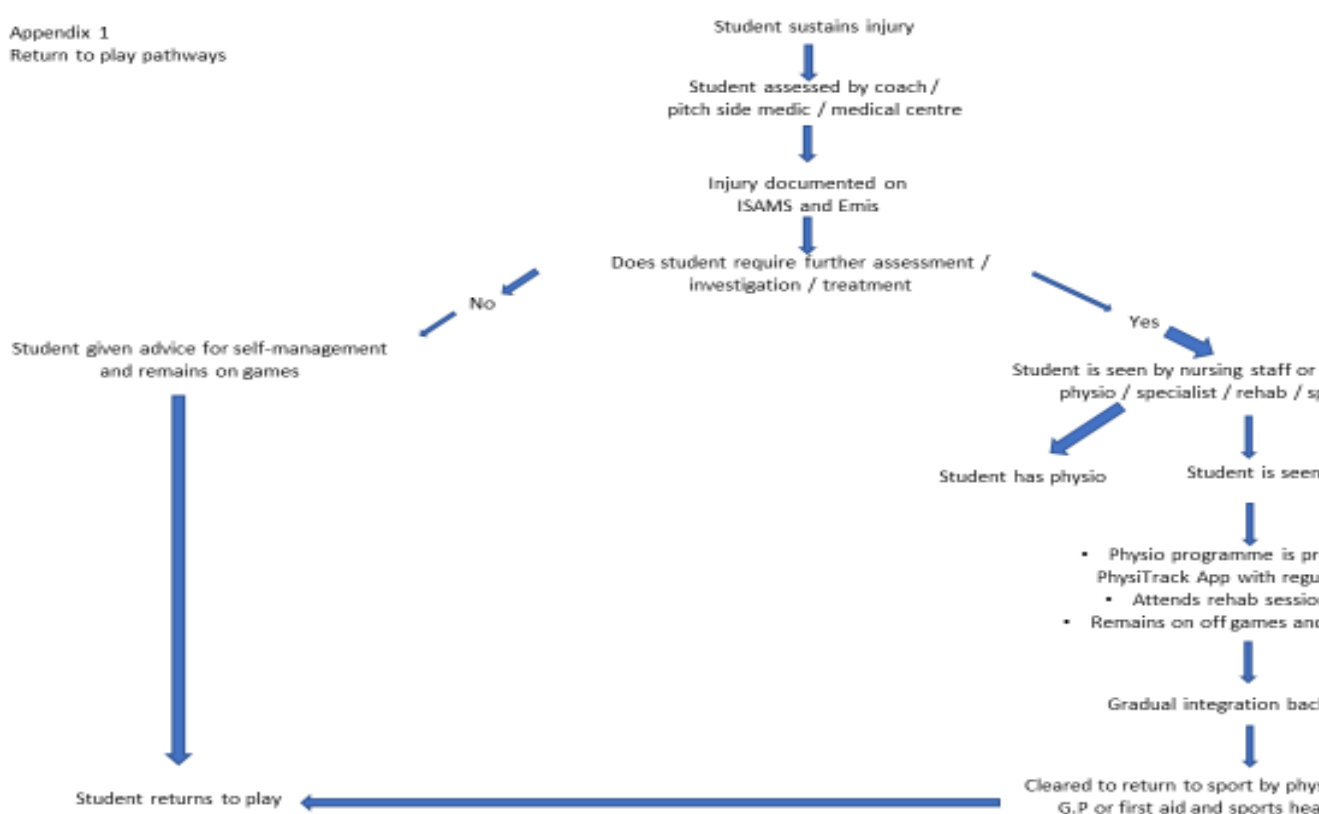
It is also mandatory for all coaches to complete the online RFU or World Rugby module on concussion protocols and pupils when they start the school.

A list of up-to-date contact numbers will be given to them at this time; these can then be added to their mobile phones.

### **Rehabilitation**

The College provides rehabilitation for those boys who are off games. Sessions are in the Fitness Suite during Games afternoons (including Saturdays). These sessions may only be missed in the first two weeks of the concussion return to play pathway (Appendix II) or at the discretion of the Health Centre.

Appendix 1  
Return to play pathways



## Appendix II

### Concussion return to play pathway

#### Concussion Timetable

Timeframe / Day /Date	Event	Acceptable activities
Day 0 Stage 1	Date of injury	Take it easy. Minimal screens
Day 1		
Day 2	See GP	Light activities and school work
Day 3 Stage 2		Increase academic activity and increase light physical activity 10-15 minutes walking
Day 4		
Day 5		
Day 6 Stage 3		10-15 minutes of jogging and start activate programme
Day 7		
Day 8	Nurse review	

Day 9		
Day 10 Stage 4	Pitch side activate and skills session	Continue school work. Non-contact training. Activate programme and weight resistance
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		
Day 16 Stage 5	GP review if SES at baseline	<b><u>No earlier than day 15</u></b>
Day 17	Contact assessment	
Day 18		
Day 19	Return to squad for full training	
Day 20		
Day 21 Stage 6	<b>Match fit no earlier than today</b>	
Day 22		
Day 23		
Day 24		
Day 25		
Day 26		
Day 27		
Day 28		

Please see above your planned recovery programme following your concussion injury. The dates of your review are noted but these may change if you fail to attend reviews or if you are symptomatic at any stage. Please note you cannot resume contact sport unless cleared by the school G.P.

Please do let us know if you have any questions or your symptoms change or deteriorate.

Best wishes

Heath centre

Name	Year	Social	Coach	SES baseline score SES injury score SES score at day 15
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This is a stepwise approach to return to full recovery following a diagnosis of concussion and follows current R.F.U guidance

**Day 0-2 Stage 1** You are to have a period of relative rest. Please minimise your screen time. Alcohol should not be consumed during this phase. Your activities should only mildly increase your symptoms if at all. On day 2 you will have a G.P appointment and they will say whether you can move to stage 2.

**Day 3-5 Stage 2** During this phase you will increase your academic work and light physical activity. You will attend rehab during games sessions for this physical activity (walking on a treadmill for 10-15 minutes) so that we can monitor your symptom evaluation score.

**Day 6-9 Stage 3** Providing your symptoms are improving or not getting worse you can move to **Stage 3** where the intensity of the physical activity increases along side more intense academic activity. You will undertake more intense activity such as riding a static bike. The duration and intensity can gradually increase as tolerated, if symptoms more than mildly increase or new symptoms develop, stop, and reduce level of activity. On **day 8** you will also have a review with a nurse. Providing your symptom evaluation score is improving you can move to **stage 4** of the program.

**Day 10-15 Stage 4** Continue with academic studies and at this stage you can return to for non-contact training activities. **Touch rugby does not qualify as non-contact training.** Activate training and weight resistance programme can be increase providing you are asymptomatic.

After **14 days of symptom free recovery**, you can be assessed to return to contact training following a contact assessment. You will see a G.P to clear you to move to stage 5. If you continue to be symptom free and are deemed safe to return to sport you may fully train with your squad before a match no earlier than day 21.

**Day 21** At this stage you maybe match fit but it **will not** be earlier than day 21

If the **14 day** period extends to **day 28** and the person still has symptoms then they should be referred to a specialist in concussion management.

**Multiple and repeated concussions**

For people who have 2 or more concussions in a 12-month period or have multiple concussions over their time of playing should be reviewed on an individual basis. This will take in to account circumstances of the concussion, their symptoms, and the nature of their recovery periods. It may well be necessary to be reviewed by a specialist in concussion management and possibly have a prolonged period off contact sport.

**Symptom Evaluation**

	<u>None</u>	<u>Mild</u>		<u>Moderate</u>		<u>Severe</u>	
Headache	0	1	2	3	4	5	6
Pressure in head	0	1	2	3	4	5	6
Neck pain	0	1	2	3	4	5	6
Nausea or vomiting	0	1	2	3	4	5	6

Dizziness	0	1	2	3	4	5	6
Blurred vision	0	1	2	3	4	5	6
Sensitivity to light	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Feeling Slowed down	0	1	2	3	4	5	6
Feeling in a fog	0	1	2	3	4	5	6
Don't feel right	0	1	2	3	4	5	6
Difficulty concentrating	0	1	2	3	4	5	6
Difficulty remembering	0	1	2	3	4	5	6
Fatigue or low energy	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
More emotional	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6
Nervous or anxious	0	1	2	3	4	5	6
Trouble falling asleep	0	1	2	3	4	5	6
Balance problems	0	1	2	3	4	5	6

**Total number of symptoms**                      **of 22**  
**Symptom severity score**  
**If 100% is feeling normal what % do you feel now.**  
**If not 100% why?**

**Day 21 Contact Assessment NOTES:**



## Appendix IV

### Policy on Pupils Preparing to Play Rugby

1. All Shell rugby players, along with any new players in other years, will be coached in correct tackle and contact skills.
2. Forwards will be coached in set piece specific positional skills.
3. At the start the Michaelmas Term, the first three rugby coaching sessions must focus upon refreshing correct tackle and contact skills, along with any relevant positional specific skills.
4. Any player having given up rugby, and who wishes to return to the sport, must have coaching in tackle and contact skills, along with any positional specific skills.
5. It is expected that preparation to play matches will include at least four coaching sessions [including one contact session] but professional judgment will be used when considering the player's readiness to return to rugby. Factors to consider will include players' experience, skill proficiency and level of fitness. Sessions can be part of the return to play pathway as appropriate. As necessary, the Master i/c Rugby, in consultation with Deputy Head (Co-Curricular) and the Director of Sport, will be consulted.

(This will also be applied to players returning from a lengthy period of injury or concussion; in this case, players must have been cleared to play by the Health Centre and have completed a suitable rehab programme as directed by the Head of Strength and Conditioning.)

6. With regard to players who have given up rugby and wish to return to the sport, the Master i/c Rugby, in consultation with Deputy Head (Co-Curricular) and the Director of Sport, will declare when the player is ready to play competitive matches, and at which level the player will initially return.