



# LE CARTON BLEU

Un processus de gestion des commotions cérébrales pour le rugby communautaire

# Reconnaissance du territoire

Chez Rugby Canada, nous respectons et reconnaissons les Premières Nations, les Inuits et les Métis du Canada comme les gardiens de la terre sur laquelle nous allons apprendre aujourd'hui.



# Ordre du jour

Raconter l'histoire du carton bleu

- Où nous en étions
- Nous rendre là où nous voulions aller
- Ligne d'arrivée – Le carton bleu
- Nos prochaines étapes.. Tout?!



INTRODUCING  
**THE  
BLUE  
CARD**

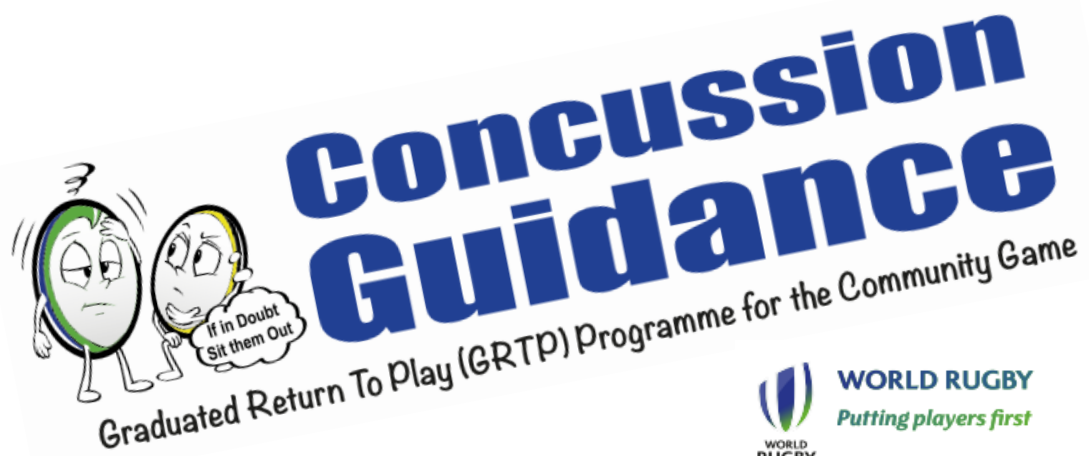
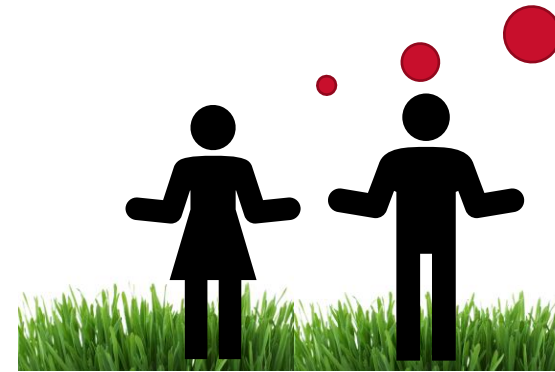


Informed by research performed by:



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

# Avant le carton bleu



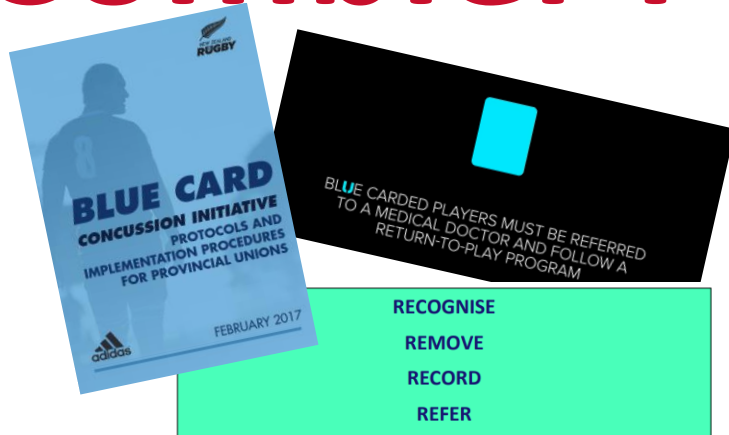
Comment savons-nous qu'un(e) athlète dont on soupçonne une commotion cérébrale peut revenir en toute sécurité ?

Qui décide qu'il ou elle est prêt(e) à revenir ?

Quel est le processus de retour qui fournit les meilleurs soins possibles à l'athlète ?



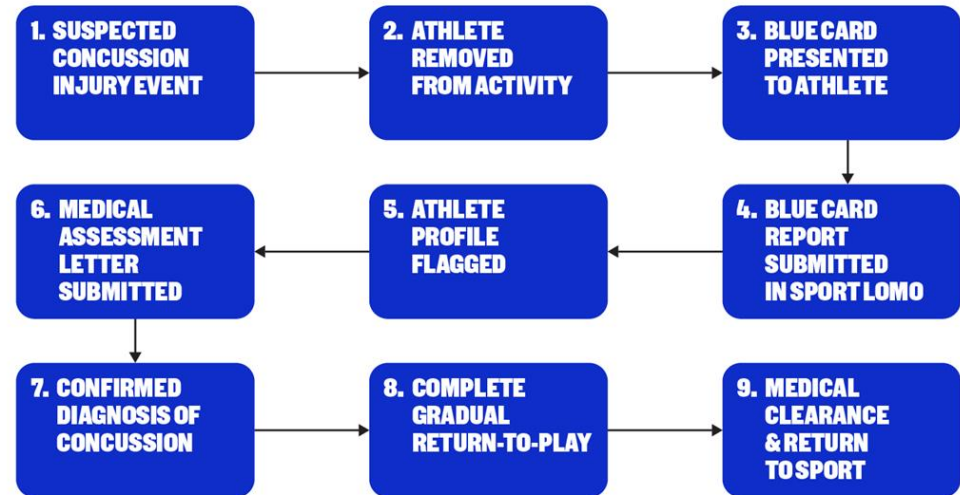
# Comblent l'écart



Projet pilote carton  
bleu 2019



## THE BLUE CARD PROCESS



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FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION



# Recherche

## Données démographiques



# Recherche

## Données démographiques

**10**

**Cert.  
Niveau 1**

**4**

**Cert.  
Niveau 2**

**3**

**Cert.  
Niveau 3**

	<b>Moyenne (ans)</b>	<b>Écart (ans)</b>
<b>Âge</b>	39	20 - 57
<b>Exp. officiel de match</b>	10	2 - 23
<b>Exp. au rugby</b>	24	5 - 45



# Recherche

## Connaissances sur les commotions cérébrales

### 1. Connaissance des données

- Degrés de gravité des commotions cérébrales
- Processus de rétablissement

### 2. Idées fausses

- Utilité du test de référence
- Évaluation du traumatisme crânien dans le rugby national (canadien)

### 3. Niveaux de confiance variables

- Expérience → confiance → connaissances (?)





# Recherche

## Préoccupations des officiels de match

### 1. Abus de l'arbitre

- Athlètes, entraîneurs, parents et spectateurs

### 2. Responsabilité

- « Que se passe-t-il si je prends la mauvaise décision? »

### 3. Manipulation du système

- Tournois et feuilles de match



# Recherche

## Ce qu'il faut retenir

### 1. Pratiques standards

- Cohérence entre les niveaux de compétition
- S'assurer que les officiels de match sont affectés aux jeux appropriés

### 2. Langage

- S'assurer que les officiels de match sont affectés aux jeux appropriés
- Langage clair sur les questions de responsabilité

### 3. Entraînement et soutien

- Exemples vidéo démontrant le processus
- Possibilité de réflexion personnelle et collective pour les officiels de match

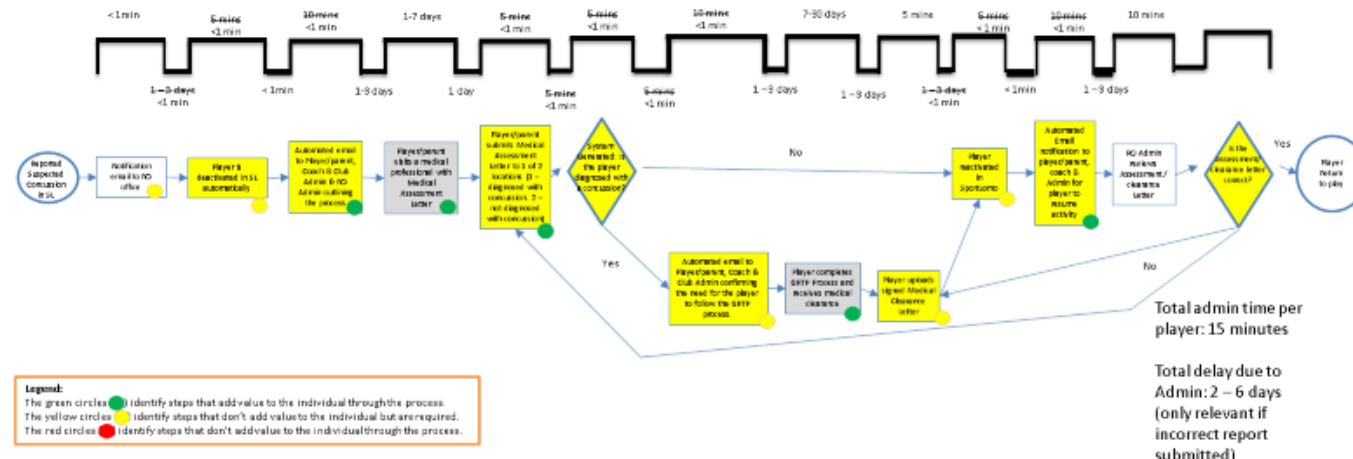


# Mise en œuvre du carton bleu

The screenshot shows the 'coach.ca' eLearning platform. The 'Rugby' category is selected in the left sidebar. The main content area displays the 'Introduction to the Blue Card' module, which is marked as 'COMPLETED'. The text explains that this module is mandatory for all personnel in any province implementing the Blue Card process. It also provides contact information for Rugby Canada and a 'Begin' button.



Blue Card Reporting & Tracking Process (UPDATED)





# À QUOI RESSEMBLE LE CARTON **BLEU** MAINTENANT?

Un processus actualisé et les premiers résultats

# Jour du match – commotion cérébrale soupçonnée



Add Game Incident

Incident Category: **Blue Card**

Incident Type: **Suspected Head Injury**

Incident Date: 10/09/2022

Incident Time: 45

Comment: **Player was tackled and hit head on the ground. Got up holding head and removed from play**

Game Part: **Second Half**

Was there a sanction: **Red card**

Starter or replacement: **Replacement**

Who recommended the removal: **Coach**

Is there a video of the match: **Yes**

Notify Member:



**MEDICAL ASSESSMENT LETTER**  
ADAPTED FROM THE CANADIAN GUIDANCE ON CONCUSSION IN SPORT MEDICAL ASSESSMENT LETTER

PLAYER NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**RESULTS OF MEDICAL ASSESSMENT**

The patient has not been diagnosed with a concussion, but the assessment led to rehabilitation diagnosis and recommendations.

The patient has been diagnosed with a concussion.

**OTHER COMMENTS:**

NAME: \_\_\_\_\_ (M.D., N.P., or other appropriate designation)

SIGNATURE: \_\_\_\_\_

CPSP YTD REGISTRATION # \_\_\_\_\_



## BLUE CARD – PLAYER KEY POINTS

### GAME DAY

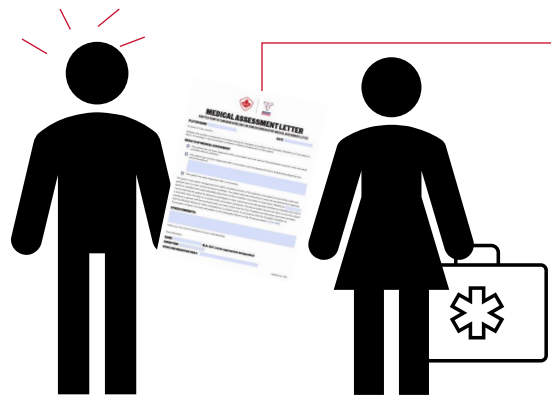
If you have been removed from the field by the issuing of Blue Card it is because you have been suspected of a concussion. Your safety and well-being are paramount you must not return to the current match or any subsequent training or match of any kind until you have been assessed by a medical doctor.

### WHAT YOU NEED TO DO

Parent / joueur  
 Agent de bien-être du club  
 Administrateur provincial et national



# La visite médicale



Parent / joueur  
Agent de bien-être du club  
Administrateur provincial et national



Manage Incident

Incident Status  
Edited

Member Status  
Inactive

Attachment

Notify Member

Save



# Si aucune commotion n'a été diagnostiquée



Dallas peut retourner au jeu.



Gardons un œil sur Dallas pour s'assurer que les symptômes ne se reproduisent pas.

Parent / joueur  
Agent de bien-être du club  
Administrateur provincial et national



# Si une commotion cérébrale est diagnostiquée



## MEDICAL CLEARANCE LETTER

ADAPTED FROM THE CANADIAN GUIDELINES ON CONCUSSION IN SPORT MEDICAL CLEARANCE LETTER

PLAYER NAME \_\_\_\_\_ DATE \_\_\_\_\_

To whom it may concern,

Athletes who are diagnosed with a concussion should be managed according to the Canadian Guideline on Concussion in Sport including the Return-to-School and Return-to-Sport Strategies. Accordingly, the above athlete has been medically cleared to participate in the following activities as tolerated effective the date stated above (please check all that apply):

- Symptom-limited activity (cognitive and physical activities that don't provoke symptoms)
- Light aerobic activity (Walking or stationary cycling at slow to medium pace. No resistance training)
- Sport-specific exercise (Running or skating drills. No head impact activities)
- Non-contact practice (Flexion training drills, e.g. passing drills. May start progressive resistance training including activities without a risk of contact, e.g. training, swimming)
- Full-contact practice (Including activities with risk of contact and head impact, e.g. rugby, soccer, dodgeball, basketball)
- Full game play

What if symptoms recur? Any athlete who has been cleared for physical activities, gym class or non-contact practice, and who has a recurrence of symptoms, should immediately remove himself or herself from the activity and inform the teacher or coach. If the symptoms subside, the athlete may continue to participate in these activities as tolerated. Athletes who have been cleared for full contact practice or game play must be able to participate in full-time school for normal cognitive activity) as well as high intensity resistance and endurance exercise (including non-contact practice) without symptom recurrence. Any athlete who has been cleared for full-contact practice or full game play and has a recurrence of symptoms, should immediately remove himself or herself from play, inform their teacher or coach, and undergo medical assessment by a medical doctor before returning to full-contact practice or games. Any athlete who returns to practices or games and sustains a new suspected concussion should be managed according to the Canadian Guideline on Concussion in Sport.

**OTHER COMMENTS:**

\_\_\_\_\_

Thank you very much in advance for your understanding.

Yours Sincerely,

NAME \_\_\_\_\_ M.D./N.P. (circle appropriate designation)

SIGNATURE \_\_\_\_\_

CPSP/CMO REGISTRATION # \_\_\_\_\_

Updated Jan. 2023

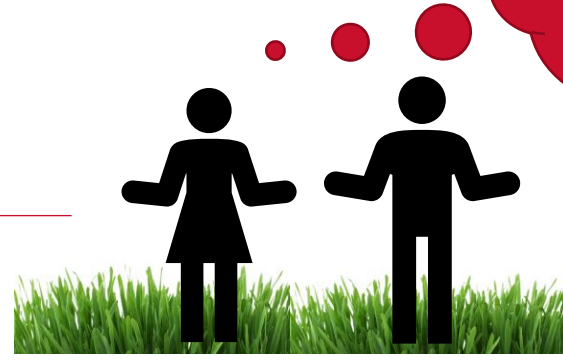


### BLUE CARD – PLAYER KEY POINTS

#### GAME DAY

If you have been removed from the field by the issuing of Blue Card it is because you have been suspected of a concussion. Your safety and well-being are paramount you must not return to the current match or any subsequent training or match of any kind until you have been assessed by a medical doctor.

#### WHAT YOU NEED TO DO



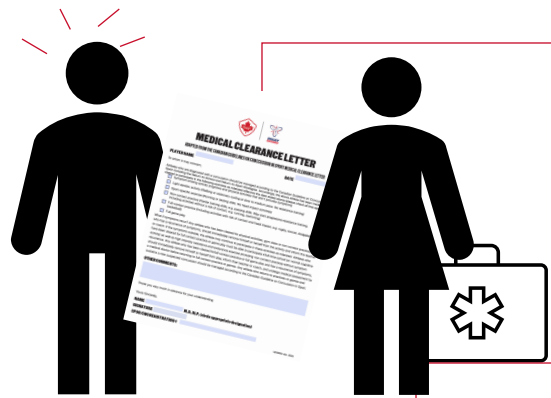
Gardons un œil sur le processus de retour au jeu et assurons-nous que Dallas progresse en toute sécurité.

Parent / joueur  
Agent de bien-être du club  
Administrateur provincial et national





# Visite médicale – après le protocole de retour au jeu



Parent / joueur  
Agent de bien-être du club  
Administrateur provincial et national



Manage Incident

Incident Status  
Completed

Member Status  
Active

Attachment

Notify Member

Save



# Cartons bleus 2022

113 cartons  
bleus remis

59 sont retournés au jeu

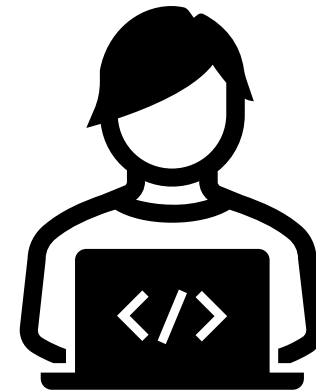
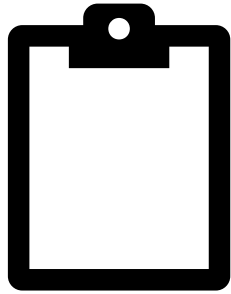
- 15 par le protocole de retour au jeu et autorisation médicale
- 44 par autorisation médicale

54 ne sont pas retournés au jeu

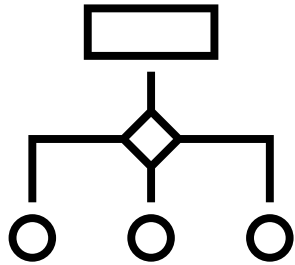
- 9 traversent le processus de protocole de retour au jeu présentement
- 45 n'ont pris aucune mesure



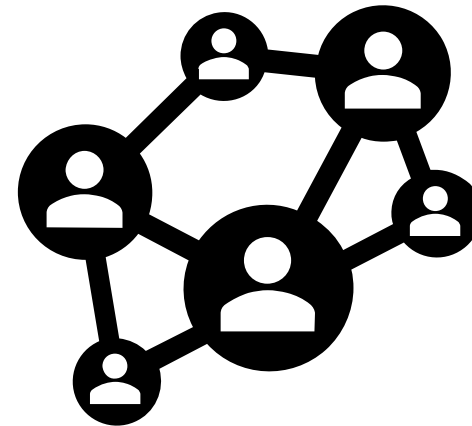
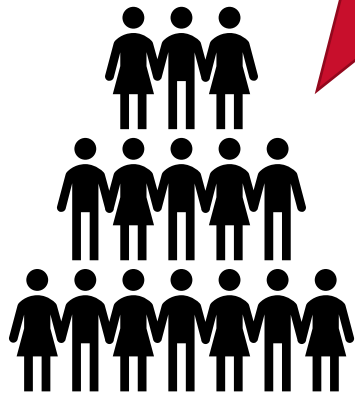
# Nos prochaines étapes



# Impact



Feedback,  
feedback,  
feedback.



# Collaborer?

**Nous aimerions que la conversation se  
poursuive.**

**Scannez le code QR pour remplir le formulaire  
et rejoignez-nous, car notre objectif est de  
rassembler les communautés de pratique.**



# Courriels

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# Questions, commentaires?





**RUGBY.CA**