

CONCUSSION

*Your guide to recognising
the signs and symptoms.*

Rugby  *Smart*

Players with a suspected concussion should not

- 1. DRIVE**
- 2. BE LEFT ALONE**
- 3. DRINK ALCOHOL OR TAKE DRUGS**

REFER

Anyone with a suspected head injury needs to be assessed by a medical doctor. Only they can assess and diagnose a concussion

NEXT

REST, RECOVER and RETURN

REST

for 48 hours

RECOVER

by following your doctor's advice and the GRADUATED RETURN TO PLAY

RETURN

complete the GRADUATED RETURN TO PLAY and be medically cleared by your doctor

GRADUATED RETURN TO PLAY

Rehabilitation Stage	Minimum Time	
	U19	U19+
1 Rest / No Activity Avoid physical activity, thinking tasks and screens (TV, phone and laptops).	2 days	2 days
2 Light to moderate exercise Symptom-guided activities such as walking, jogging or stationary cycling.	14 days	14 days
3 Moderate to high exercise Running drills, no impact activities.	2 days	1 day
4 Non-contact training drills Progression to more complex training drills: passing, catching, weight training.	2 days	1 day
MEDICAL CLEARANCE FROM DOCTOR		
5 Full contact practice May participate in normal training activities (contact training).	2 days	2 days
6 Return to play Player rehabilitated.	1 day	1 day

WHAT YOU SHOULD DO

1. RECOGNISE

2. REMOVE

3. REFER

- Apply first aid principles: **Danger, Response, Send for help, Airway, Breathing, Circulation.**
- If the player is **unconscious** don't move them unless you're trained to do so.
- Do not remove the **player's headgear** (if present) unless you're trained to do so.
- **Call 111** if you think the player's head or neck injury could be severe.

RECOGNISE

THE SIGNS AND SYMPTOMS OF CONCUSSION

RED FLAGS:

These require immediate medical attention

- Neck pain
- Confusion
- Repeated vomiting
- Seizure
- Weakness, tingling or burning in arms or legs
- Decreasing or loss of consciousness
- Bad or worsening headache
- Unusual behaviour
- Double vision

WHAT YOU SEE:

- Lying on the ground not moving or slow to get up
- Loss of balance/co-ordination
- Disorientation/confusion
- Visible injury to face or head (especially in combination with any signs)
- Grabbing/clutching of head
- Dazed, blank or vacant look

WHAT THEY SAY:

If they can't answer these questions, they may have a concussion.

- Where are we playing or training?
- Which half/time is it now?
- Who scored last in this game?
- What team did you play last week/game?
- Did your team win the last game?

WHAT THEY MAY FEEL:

- Blurred vision
- Nausea
- Dizziness
- Confusion
- Difficulty sleeping
- Headache/pressure in the head
- Fatigue
- Sensitivity to light and/or noise
- More emotional
- Nervous or anxious
- Irritable
- Problems with memory
- Unable to concentrate

Symptoms may not appear immediately and could occur up to 48 hours after the injury.

REMOVE

THE PLAYER FROM PLAY

If a suspected concussion has occurred, they must be **IMMEDIATELY REMOVED** from play or training and **CAN'T RETURN** until they **HAVE SEEN A MEDICAL DOCTOR.**