



Name _____ Date of injury : _____ Time: _____

Head Injury/Concussion/Suspected Concussion Information and Advice

You have sustained a head injury today. I am satisfied that this does not appear to be serious, however when returning home, it is important that, if possible, you are accompanied by a responsible adult. While unlikely, there is a small risk of developing complications. If you experience any of the symptoms listed below in the next few days, you **should go to A&E** as soon as possible and take this advice sheet with you. **Remember CONCUSSION is a BRAIN INJURY.**

- **Loss of consciousness**
- **New deafness in one or both ears**
- **Loss of balance or problems walking**
- **Any weakness in one or both arms or legs**
- **Any vomiting**
- **Clear fluid coming out of your ears or nose**
- **Drowsiness when you would normally be wide awake**
- **Increasing disorientation**
- **Problems understanding or speaking**
- **Blurred or double vision**
- **Severe headache not relieved by painkillers such as paracetamol**
- **Bleeding from one or both ears**
- **Any fits (collapsing or passing out suddenly)**
- **Inability to be woken**

Do not be confused between **normal sleep** and **unconsciousness** – someone who is unconscious cannot be woken up – you need to be satisfied that they are reacting normally to you.

DOS and DON'TS

- DO** make sure you stay within reach of a telephone and medical help in the next few days
 - DO** have plenty of rest and avoid stressful situations
 - DO** show this factsheet to a friend or family member who can keep an eye on your condition
 - DO** take painkillers such as paracetamol for headaches
 - DON'T** stay at home alone for 48 hours after leaving the match venue or hospital
 - DON'T** drink alcohol until you feel better
 - DON'T** take aspirin or sleeping tablets without consulting a doctor
 - DON'T** return to work until you feel ready
 - DON'T** play any contact sport for at least three weeks without consulting your doctor
 - DON'T** return to driving until you feel you have recovered.
- If in doubt consult a doctor trained in the management of sports related concussions.**
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In most cases symptoms will resolve within 2 weeks. Try not to rush back into normal activities, as this may delay recovery. Please see a doctor if symptoms persist.

Players will not be allowed to return to contact sport until they have been assessed and told they are fit to play by a specialist Doctor and have completed the recommended return to training protocols (protocol is on the SRU website). See reverse page for RTS (Return to Sport) details for adults.

Signed: _____ Print name : _____ Contact Number: _____
Dr / Nurse / Physiotherapist / Medic / Coach / Trainer with _____ Team



Head Injury/Concussion/Suspected Concussion Management for Adult Players

- An initial period of 24–48 hours of both relative physical rest and cognitive rest is recommended before beginning Stage 1 of the RTS (Return to Sport) progression.
- Rest from playing or contact training for a **minimum of two weeks following** cessation of symptoms. Adults need a doctor’s clearance to start RTS if shorter time frames used.
- A graduated return to sport (RTS) must be completed after the “rest from playing” period.
 - for **ALL** players diagnosed with a concussion
 - for **ALL** players even suspected of having concussion during a game or training at which there is no appropriately qualified person present to do an assessment

World Rugby recommends that a medical practitioner or approved healthcare professional supervises the RTS and **confirms** that the player can take part in full contact training before entering Stage 5.

RETURN to SPORT (RTS) - Min 19 days programme AFTER symptoms cleared

Stage	Aim	Activity	Goal of each step
1	Symptom-limited activity Minimum 14 days	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training	Increase heart rate
3	Sport-specific exercise	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills, e.g. passing drills. May start progressive resistance training	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	Return to sport

* **NOTE:** there should be **at least 24 hours** (or longer) for each step of the progression. If any symptoms worsen during exercise, the athlete should go back to the previous step. Resistance training should be added only in the later stages (stage 3 or 4 at the earliest). If symptoms are persistent (e.g. more than 10–14 days in adults), the athlete should be referred to a healthcare professional who is an expert in the management of concussion.