



Head Injury, Concussion, Suspected Concussion Recovery and Return to Play



It is recognised that players will often want to return to play as soon as possible following a concussion. Players, coaches, management, parents and teachers must exercise caution to:

- a. Ensure that all symptoms have subsided before commencing RTP.
- b. Ensure that the RTP protocol is followed.
- c. Ensure that the advice of Medical Practitioners and other Healthcare Professionals is strictly adhered to.

After returning to play all involved with the player, especially coaches and parents must remain vigilant for the return of symptoms even if the RTP has been successfully completed.

If symptoms reoccur the player must consult a Healthcare Practitioner as soon as possible as they may need referral to a specialist in concussion management.

These SRU Concussion resources have been developed based on the Berlin Guidelines published in the Consensus Statement on Concussion in Sport, and adapted for rugby by the World Rugby.

The information contained in this resource is intended for educational purpose only and is not meant to be substituted for appropriate medical advice or care. If you believe that you or someone under your care has sustained a concussion we strongly recommend that you contact a qualified health care professional for appropriate diagnosis and treatment. The authors have made responsible efforts to include accurate and timely information. However they make no representations or warranties regarding the accuracy of the information contained and specifically disclaim any liability in connection with the content on this document.

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