



# Minor Head Injury / Concussion Advice – ADULTS (\*19yrs & over)

\*Player must be 19 years of age or over the day prior to the commencement of league season/tournament

Name \_\_\_\_\_ Date of injury : \_\_\_\_\_ Time: \_\_\_\_\_

## 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, so if you experience any of the following symptoms in the next few days you **should go to A&E** as soon as possible and take this advice sheet with you:

- **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**

### Remember Concussion is a Brain Injury

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 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 sport related concussion**
- 

In most cases symptoms will resolve within 2 weeks. You may continue normal activities of daily living provided symptoms are no more than mildly and briefly increased. 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 or Health Care Professional, specialising in concussion management and have completed the return to training protocols.

See reverse page for GRTP (Graduated Return to Play) details – FOR ADULTS.

Signed : \_\_\_\_\_ Print name : \_\_\_\_\_ Contact Number: \_\_\_\_\_  
Dr / Physiotherapist / Trainer/Coach with \_\_\_\_\_ Team



## Minor Head Injury / Concussion Advice – ADULTS (\*19yrs & over)

\*Player must be 19 years of age or over the day prior to the commencement of league season/tournament

### Minor Head Injury/Concussion/Suspected Concussion Management

An initial period of at least 24 hours of both relative physical rest and cognitive rest before beginning Stage 2a of the GRTP (Graduated Return to Play) progression. Then

- ☐ Rest from contact training and progression to playing for a **minimum** of **two** weeks **following** cessation of symptoms (Stage 2b) .
- ☐ The graduated return to play (GRTP) must be completed
  - for ALL players diagnosed with a concussion by an appropriately qualified person
  - 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

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

### GRADUATED RETURN to PLAY (GRTP) – Adults (19 yrs and over)

Stage	Aim	Activity	Goal of each Step
1	Initial limited activity (Physical and Cognitive) <b>Min 24 hrs</b>	No driving. Consider time off work or adaption of work or study Continue activities of daily living, within limitation of symptoms	Recovery
2a	Symptom-limited activity <b>Min 24 hrs</b>	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school and normal activities
2b	Light aerobic exercise (when symptom free) <b>Min 14 days</b>	Jogging 10-15 mins, swimming or stationary cycling at slow to medium pace. No resistance training	Increase heart rate
	<b>Minimum 14 days</b>	<b>for stage 2b</b>	A return to work and/or learning must be achieved before returning to sport
3	Sport-specific exercise	Running 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(cognitive loading)
	<b>Medical Clearance</b>	<b>by Dr or Health Care Professional, specialising in concussion</b>	
5	<b>Full contact practice</b>	<b>Participate in normal training activities</b>	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 for adult players (or longer) for each step of the progression initial Stage 1 and 2a and a minimum 14 days stage 2b. 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 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.