DON'T BE A CO HEADCASE







Recognise → Remove →

Recover-

Return-

Know the signs and symptoms of concussion.

Any player with a suspected concussion must be removed from play/training IMMEDIATELY.

Give players time to recover fully as you would with any other injury.

All players must follow the Graduated Return to Activity & Sport (GRAS) programme before returning to playing contact rugby.

GRAS Graduated Return to Activity & Sport programme

STAGE 1: Initial Relative Rest

24 - 48 hours after concussion

STAGE 4: Rugby-Specific Non-Contact Training Drills & Weight Resistance Training

No earlier than Day 8

STAGE 2: Return to Daily
Activities & Light Physical
Activities

Following **24 - 48 hours** initial rest period (min 24 hours after concussion event)

STAGE 5: Full Contact Practice

No earlier than **Day 15**

STAGE 3: Aerobic Exercise & Low Level Body Weight Resistance Training

When symptoms allow e.g., mild symptoms are not worsened by daily activities/light physical activities

STAGE 6: Return to Play

No earlier than **Day 21**



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If in doubt, sit them → OUT!



