## DON'T BE A CO HEADCASE



## Check for concussion



Recognise → Secondary Remove → Secondary 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 2: Return to Daily Activities & Light Physical Activities

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

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

No earlier than Day 8

**STAGE 5: Full Contact Practice** 

No earlier than Day 15

**STAGE 6: Return to Play** 

No earlier than Day 21

ONLY move to Stage 5 when SYMPTOM FREE AT REST from recent concussion for 14 days ONLY move to Stage 6 when symptom free at rest for the 14 days and during pre-competition training (Stage 5)



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If in doubt, sit them → OUT.



