

# DON'T BE A HEADCASE

# STOP!

Check for  
concussion



**Recognise** →

Know the signs and symptoms of concussion.

**Remove** →

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

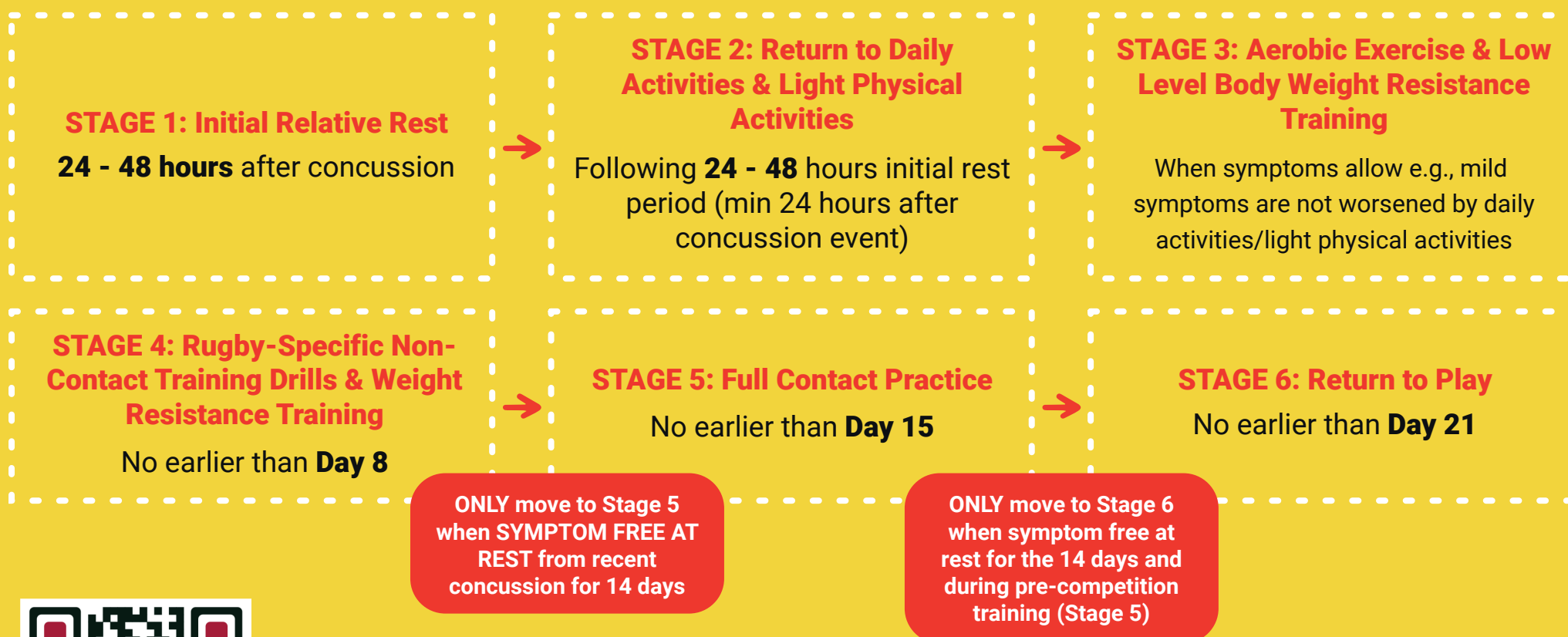
**Recover** →

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

**Return** →

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



englandrugby.com  
/headcase

Remember...

If in **doubt**,  
sit them → **out!**

