



WHEN IT COMES TO CONCUSSION

# USE YOUR HEAD



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MIND  
BODY &  
SOUL

## SIGNS OF CONCUSSION EVERYONE SHOULD LOOK OUT FOR:

- Loss of consciousness or unresponsiveness (even temporarily)
- Seizure/convulsion (uncontrolled jerking of arms and legs)
- Balance problems, unsteadiness, clumsiness, slurred speech
- Appears dazed, stunned or confused
- Poor memory (of score, moves, opposition, events)
- Odd behaviour
- Significantly impaired playing ability

If a player has any of these symptoms then they should not return to play.

## FOLLOWING A SUSPECTED CONCUSSION:

- The player should not be left alone and should be monitored regularly
- Players must be seen by a doctor
- A player who has been concussed must not play for a minimum of three weeks (unless over 19 and cleared to do so by an approved doctor competent in managing concussion) (see web link below for details)
- AND should not return to play or training until symptom free
- AND should only return to play or training with medical clearance
- This applies to all club/school sides a player belongs to and it is their/their parents responsibility to advise other clubs/schools of the concussion

**When in doubt, sit them out.** For further guidance and to get yourself a Pitch Side Concussion Assistant visit: [www.rfu.com/health](http://www.rfu.com/health)