



Concussion management

Information for coaches

Who should come off the pitch ?

'If in doubt sit them out'

ANY PLAYER THAT HAS HAS A SUSPECTED BANG TO THE HEAD AND IS

- dazed
- lying motionless on the ground
- unsteady
- confused
- complaining of headache or holding head
- had a seizure or fit
- more emotional or irritable than normal

'These concussed players should not be allowed to go back onto the field of play that day.'

Concussion facts

A concussion is a brain injury.
Anyone with any symptoms following a head injury must be removed from playing or training and must not take part in any physical activity until all concussion symptoms have cleared.
Return to education or work takes priority over return to play.
If in doubt, sit them out to help prevent further injury or even death.
Concussion can be fatal.
Most concussions recover with rest.

Who should go to hospital ?

- Any loss of consciousness as a result of the injury.
- Any sign of weakness of arm or legs
- Any suspicion of a skull fracture or visible injury to head of concern
- memory loss
- Persistent headache.
- Vomiting episodes since the injury (especially <12 years)
- Any seizure or fit
- Any previous brain surgery.
- Any history of bleeding or clotting disorders.
- Any cause for concern about player.
- No one is able to observe the injured person at home.

What should parents know about and look out for ?

This player has has a bad bang to the head. Full recovery from this is normal, but this is a serious injury.

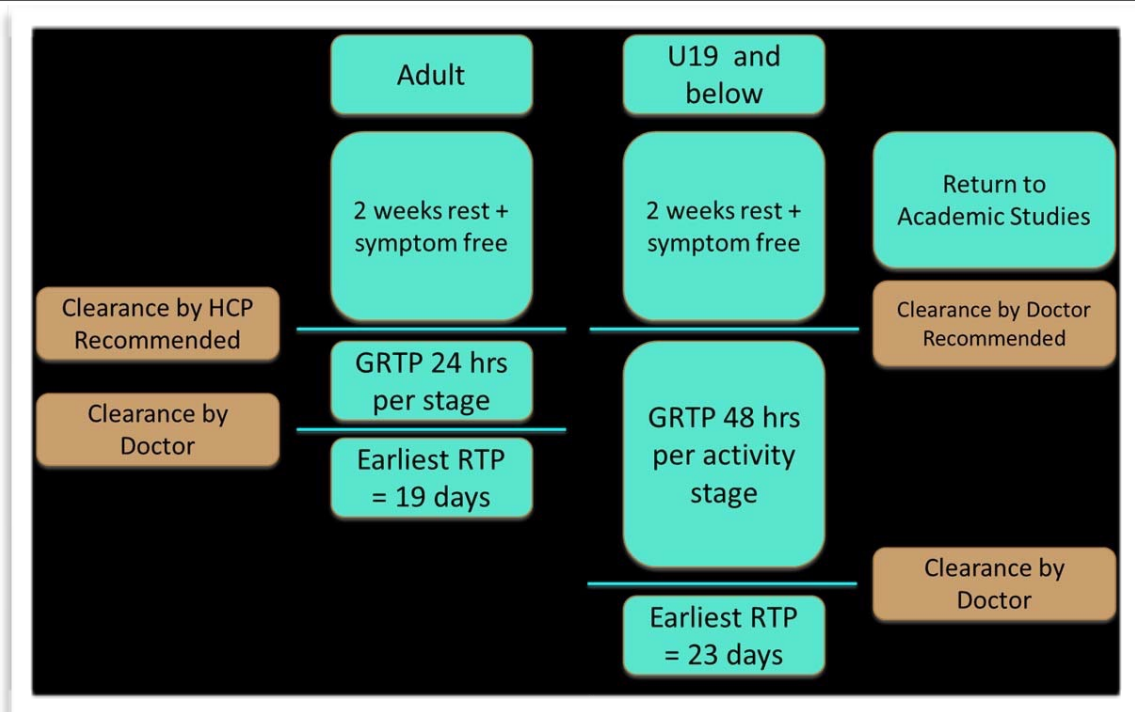
If you notice any change in behaviour, vomiting, dizziness, worsening headache double vision, excessive drowsiness then please consult your doctor or the nearest emergency department.

Ideally the player should rest (physically and mentally), and not train until cleared medically and have followed a stepwise program

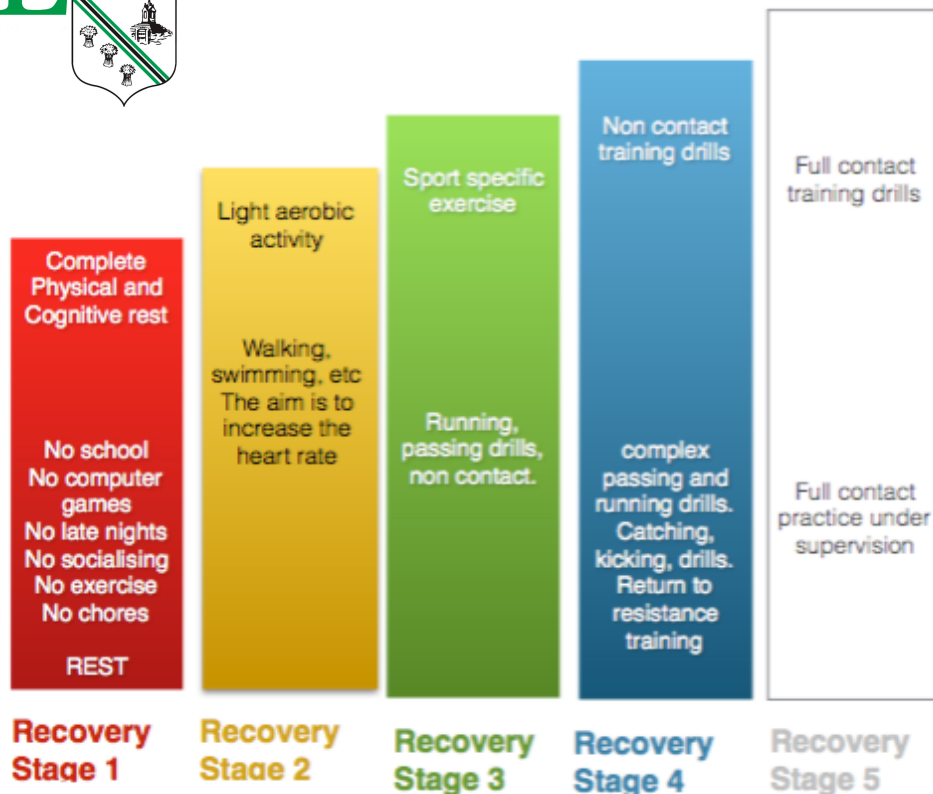
How do I return someone to play ?

Outlined below are the Rugby football unions recommendations to return to play. Please note the difference between adult and U 19 players.

A Graduated Return to play (GRTP) is advised. A program is outlined below.



Return to play program example



Remember: If symptoms reoccur advice from a doctor should be sought as they may need to see a concussion specialist.

Resources available

The return to play after concussion guidelines after concussion issued from England rugby are excellent. www.englandrugby.com/mm/Document/MyRugby/Headcase/01/30/49/57/returntoplayafterconcussion_Neutral.pdf

The information from the CDC in America is also excellent. www.cdc.gov/headsup/providers/return_to_activities.html

The information contained in this resource is intended for educational purposes only and is not meant to be a substitute for appropriate medical advice or care. If you believe that you or someone under your care has sustained a concussion we strongly recommend that you contact a qualified health care professional for appropriate diagnosis and treatment. The author has made responsible efforts to include accurate and timely information. However no representations or warranties regarding the accuracy of the information contained and specifically disclaim any liability in connection with the content outlined.