

USA Rugby Concussion Management - Identification and Treatment

		I Am an Athlete	I Am a Parent	I Am a Coach	I Am a Referee
During the Match	If a concussion is suspected, this action must be taken	When I have taken a head impact in a game and I have these symptoms, I need to immediately remove myself from the match. Equally, if a teammate shows signs of a concussion, I alert my coach, medical staff and referee to the situation. I also urge my teammate to get checked out.	When my child shows symptoms of a concussion, They should be removed from play. Find a coach and alert them to the situation. The coach will substitute the player.	When I see a player with symptoms of a concussion, I ask my medical staff to check the player's condition immediately. If no medical staff, I personally check the player. If symptoms are present I immediately remove the player from the field. No player illustrating symptoms of concussion should be allowed to continue in a rugby match.	If I see an impact that could lead to concussion, I keep an eye on the player. If any player demonstrates symptoms of a concussion, I immediately stop play and ask the medical and/or coaching staff to evaluate the player. If a player illustrates symptoms of concussion, they should be removed from the field. If a coach or medical staff has cleared a player to stay on the field but the player is showing signs of concussion, I require the player to leave the field for the safety of that player. I am the final word on the player's ability to continue.
After the Match	If a concussion is confirmed, this action must be taken	If I am showing signs of a concussion, I need to get to a medical professional who is trained in evaluating head injuries to be evaluated. I am out of practices and games until I am cleared to play, and I will follow the World Rugby Graduated Return To Play Protocols for my age group	If my child is showing signs of a concussion, I need to get them to a medical professional to be evaluated. They are out of practices and games until they are symptom-free and cleared to play, and I will follow the World Rugby Graduated Return To Play Protocols for my child's age group	If my player is diagnosed with a concussion, I will not allow that player to participate in practices or games until they are symptom-free, cleared by healthcare provider and have completed the World Rugby Graduated Return To Play Protocols.	I should coordinate with the medical staff and the coaching staff to ensure they have the information they need for the incident report on the injured player. I also make myself available for questions from medical staff in case the need arises.
Before returning to Play	When ready to play rugby again after a concussion, the following action should be taken	I am symptom-free, have fully completed my Graduated Return to Play Protocol from World Rugby and I am ready to play. I bring my completed paperwork to my coach for his approval before returning to practices or games	I ensure my child is symptom-free, has fully completed the World Rugby Graduated Return to Play Protocols. Once completed, I will present the completed paperwork to my child's coach with my approval for him/her to return to rugby	My player has fully completed the World Rugby Graduated Return to Play Protocols and is ready to play. I make sure I have a copy of the completed paperwork before allowing the player to return to practices or games. I keep an eye on the player for any lingering symptoms of concussion	Although my responsibilities do not extend past the initial match and post match, I keep a watchful eye on the players in future matches for symptoms of concussion and work with players, coaches, parents and medical staff to keep our rugby players safe.

Concussion Signs Observed:

- Can't recall events prior to or after a hit or fall
- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes

Click here to review the World Rugby Return to Play Protocol >>>>

or visit, USARugby.org/concussions

Concussion Symptoms Reported:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy or groggy
- Confusion, concentration or memory problems
- Just not "feeling right," or "feeling down"

