



CONCUSSION PROTOCOL

HEAD INJURY

STAGE 1:

14 days rest from all physical activity. Allowance of activities of daily living i.e walk to school

STAGE 2:

Day 15- light aerobic activity x 20mins maximum i.e light jogging, static bike, swimming, cross trainer. NO resistance training.

48 HOURS REST

STAGE 3:

Sport specific drills- i.e running drills (broken bronco, skills- no head impact activity.

48 HOURS REST

STAGE 4:

Non contact training. Review by a GP at this stage is mandatory for U19.

48 HOURS REST

STAGE 5:

Contact training.

48 HOURS REST

STAGE 6:

FULL RETURN TO RUGBY

THINGS TO NOTE

- THE PLAYER MUST BE SYMPTOM FREE BEFORE PROGRESSING PAST THEIR REST STAGE- IF THEY ARE NOT, YOU MUST WAIT UNTILL THEY HAVE NO SYMPTOMS BEFORE YOU PROGRESS TO STAGE 2.
- IF A PLAYER REPORTS SYMPTOMS AFTER COMPLETING A STAGE, WAIT UNTILL THESE SUBSIDE COMPLETELY BEFORE REPEATING THE PREVIOUS STAGE.
- YOU MUST WAIT 48 HOURS BETWEEN STAGES
- THEY CANNOT COMPLETE GYM SESSIONS BEFORE STAGE 4.
- THEY MUST SEE A GP/NURSE BEFORE PROGRESSING TO CONTACT.
- IF YOU ARE CONCERNED AT ANY STAGE, REFER TO A GP.

<https://www.englandrugby.com/dxdam/ab/ab7c0ae0-46a7-4c97-84c9-aac076310571/HEADCASE%20RTP%20%26%20GRTP.pdf>

