

CONCUSSION

Any player with a suspected concussion must be removed immediately from training/play and should be medically assessed. They should not be left alone or drive a vehicle. If you or another player experiences any one of the visual clues or signs of concussion listed below you should:



STOP

training or playing immediately



INFORM

your team medic, coach, parent, teammates



REST

until your symptoms of concussion have resolved completely



RETURN

when you have been cleared to do so by a medical practitioner as per IRB guidelines

VISIBLE CLUES OF SUSPECTED CONCUSSION:

- Loss of consciousness or responsiveness
- Lying motionless on ground
- Slow to get up
- Unsteady on feet
- Balance problems or falling over
- Grabbing/Clutching head
- Dazed, blank or vacant look
- Confused/Not aware of plays or events

SIGNS AND SYMPTOMS OF SUSPECTED CONCUSSION:

- Loss of consciousness
- Seizure or convulsion
- Balance problems
- Nausea or vomiting
- Drowsiness
- More emotional
- Irritability
- Sadness
- Fatigue or low energy
- Nervous or anxious
- "Don't feel right"
- Difficulty remembering
- Headache
- Dizziness
- Confusion
- Feeling slowed down
- "Pressure in head"
- Blurred vision
- Sensitivity to light
- Amnesia
- Feeling like "in a fog"

Download the Pocket Concussion Recognition Tool and see further information on concussion and our SAFE Rugby Programme at www.irishrugby.ie/medical and www.irbplayerwelfare.com or contact saferugby@irishrugby.ie

