



ERGS RUGBY

Concussion Policy



What is Concussion?

Sports related concussion is a traumatic brain injury that is caused by a direct force to the head or a force elsewhere in the body which is transmitted to the head. Whilst rare, concussion results in temporary impairment of brain function. However, in some cases, signs and symptoms evolve over a number of minutes to hours.

What causes concussion?

Concussion can be caused by a blow to the head or from a whiplash movement of the head and neck that can occur when a player is tackled, collides with another player or the ground.

Concussion Facts:

- You do not have to lose consciousness to suffer from a concussion.
- The effects of concussion cannot be seen on standard x-ray, CT scan or MRI.
- The onset of the effects of concussion may be delayed for up to 24–48 hours.
- Symptoms generally resolve over a period of days or weeks but in some cases can be more prolonged.

Recognise & Remove

If, at any point during a match or training, a player is concussed or has a suspected concussion, that player must be immediately and permanently removed from the field of play.

RESPONSIBILITIES / CHECKLISTS

Coach:

- If player suffers suspected concussion remove the player safely.
- Hand the player over to a responsible adult to observe during game.
- Parents/guardians of underage players should be informed as soon as possible that the player has suffered from a suspected concussion and they should be advised that the child should not partake in any sport until they have completed the GRTP.
- Fill out injury report: www.irishrugby.ie/playingthegame/medical.php)
- Guide player through active phase of GRTP.

Parent:

- Get full details of event if you were not present.
- Make safe arrangements for your son/daughter to get home after the match or training
- Observe the player over the next 24-48 hours and if symptoms worsen contact your GP.
- Ensure the player does not drink alcohol or drive.
- Ensure player does not return to play before completing the GRTP protocol.
- The player should be medically assessed.
- Encourage mental and physical rest for 1-2 days.
- Inform school and other sports that your child has suffered from a concussion and will enter GRTP.
- Ensure you child does not participate in any sport and strictly follows GRTP.
- Ensure that player honestly reports any ongoing symptoms.

Graduated Return to Play Protocol (GRTP)

Day	GRTP Protocol
Day 0 (Day of injury)	Recognise and Remove
Day 1-2	Stage 0 - Rest
Day 1-2 to Day 14	<p>Stage 1a - Symptom Limited Activity</p> <ul style="list-style-type: none"> Daily activities that do not provoke symptoms. (e.g. walking at a comfortable pace, breathing slightly increased) <p>Stage 1b - Symptom Limited Exercise</p> <ul style="list-style-type: none"> Exercise that does not provoke symptoms. Slowly build up the duration and intensity of the exercise. (e.g. Walking or jogging at a pace to cause minimal sweating, slight breathlessness and able to hold conversation)
Day 15-16	<p>Stage 2 - Increased Aerobic Exercise</p> <ul style="list-style-type: none"> Jogging / stationary bike at a pace to cause sweating, breathlessness and able to hold conversation with difficulty Non-contact activities No resistance training
Day 17-18	<p>Stage 3 - Rugby Specific Exercise</p> <ul style="list-style-type: none"> Running drills building to max 60-80% effort (e.g. non-contact warm up) Lower level resistance training (e.g. body weight exercises)
Day 19-20	<p>Stage 4 - Return to training (NO CONTACT)</p> <ul style="list-style-type: none"> Non-Contact Rugby Training drills High level balance tasks May start progressive resistance training
Day 21-22	<p>Stage 5 – Return to contact</p> <ul style="list-style-type: none"> Full contact practice and participation in normal training activities
Day 23	<p>Stage 6 – Return to play</p> <ul style="list-style-type: none"> Normal game play