



POST CONCUSSION

POST CONCUSSION INJURY ADVICE – For the person monitoring the injured player:

Recovery time from concussion is variable and signs and symptoms can evolve over minutes or hours. It is normal for concussion to set in 2 hours after a head injury and new/different symptoms can present.

- **Not to be left alone initially (at least 2 hours)**
- **NO alcohol or driving until medically cleared**
- **NO medications such as sleeping pills, aspirin, anti-inflammatories, or sedating pain killers.**

GRADUATED RETURN TO PLAY – AFTER initial rest (Physical and Mental) of at least 24-48 hours

- 6 stages – refer to Head Concussion Injury Form
- Proceed to next level if symptom free
- If any symptoms return, rest for 24 hours and start at prior asymptomatic stage once symptom free again.
- Stage 5 of RTP, full contact training on day 11,12,13,14 if medically cleared, is to have tackle technique checked and to build confidence in Returning to Play.

DOCTOR/PARENTS

If the answer to any of the following 4 questions is Yes, the player requires further observation and/or a referral for a specialist (Neurologist, Neurosurgeon or Sport and Exercise Physician with an interest in Concussion) assessment.

1. Are there any neurological or other worrying symptoms/signs on questioning/examination?
2. Is the player experiencing ongoing symptoms suggestive of concussion?
3. The player has NOT fully returned to their usual work or education/school?
4. Does the player experience any concussion type symptoms when exercising?

The **minimum standard** is that a player **must** be symptom free at rest and on exertion, returned fully and successfully to school/work, determined to have returned to baseline level of cognitive performance, and is confident and comfortable to return to play.
