

DON'T BE A



HEADCASE

STOP!

Check for concussion



Recognise

→ Know the signs and symptoms of concussion.

Remove

→ Any player with a suspected concussion must be removed from play/training IMMEDIATELY.

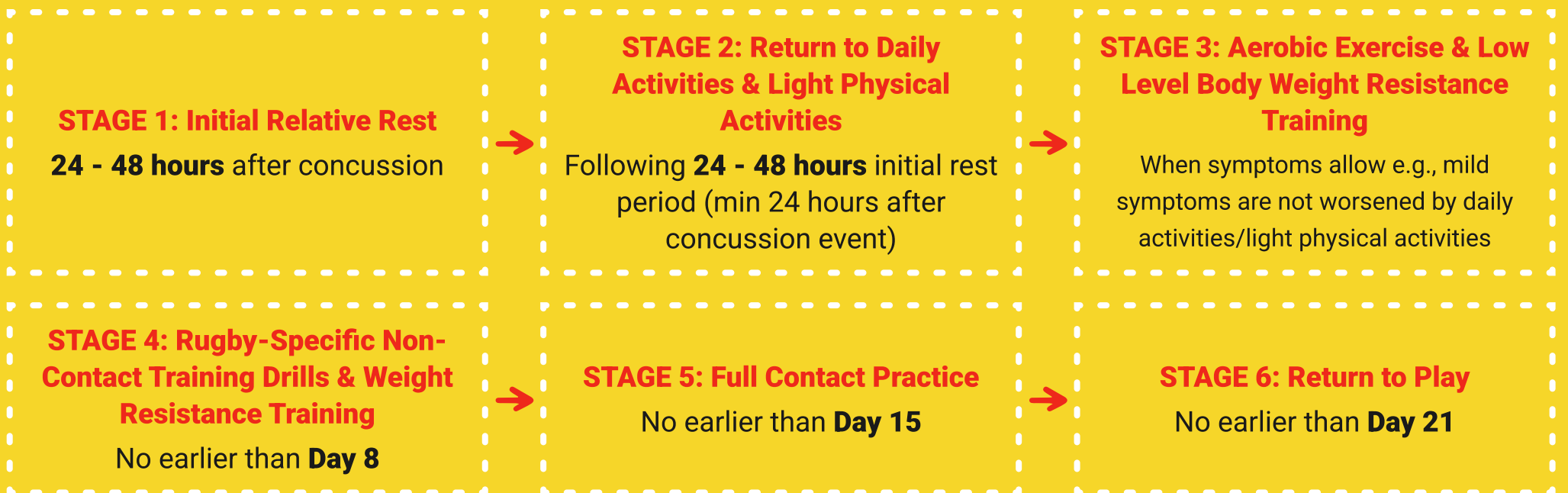
Recover

→ Give players time to recover fully as you would with any other injury.

Return

→ All players must follow the Graduated Return to Activity & Sport (GRAS) programme before returning to playing contact rugby.

GRAS Graduated Return to Activity & Sport programme



englandrugby.com/headcase

Remember...

If in doubt, sit them → out!

