

**UNSTEADY ON FEET?**

**FALLING OVER?**

**NAUSEOUS?**

**CONFUSED?**

**HEADACHE?**

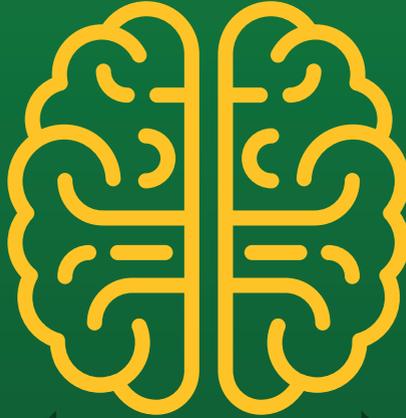
**VOMITING?**

**DIZZY?**

**DAZED?**

**UNCONSCIOUS?**

**BLURRED VISION?**



**KNOWING WHEN TO TAKE A RUGBY PLAYER OFF THE FIELD PROTECTS THEM.  
RECOGNISE AND REMOVE, CONCUSSION IS A BRAIN INJURY.  
LET'S NOT LOSE OUR HEADS ON THE RUGBY FIELD.  
IF IN DOUBT, SIT THEM OUT.**

BokSmart provides you with all the necessary information at your fingertips to make better informed decisions, when the players need it most.

Visit [www.BokSmart.com](http://www.BokSmart.com) or follow us on Twitter: @BokSmart or Facebook: Facebook.com/BokSmart. For any potentially serious concussion, head, neck or spine rugby injury contact the toll-free BokSmart Spine number, 0800678678, operated by ER24.

# HEADS UP

## PREVENT CONCUSSIONS

LEARN HOW TO SUSPECT A CONCUSSION AND FOLLOW THE CORRECT STEPS TO A FULL RECOVERY.

### 1. RECOGNISE

You need to be able to recognise the signs and symptoms of a potential concussion in your players. Learn them and know them!

### 2. REMOVE

When you recognise any signs and symptoms, and suspect a concussion, remove the player immediately.

### 3. REFER

Once you have permanently removed the player from the field, refer them to a medical doctor who understands concussions for a thorough clinical assessment.

### 4. REST

Rest the player completely until they are totally sign and symptom free, and off any medication that might modify the symptoms of concussion. Use the minimum stand-down periods for each age-group category, before entering the graduated Return To Play process.

### 5. RECOVER

Full recovery of signs and symptoms is mandated before entering into the age-appropriate graduated Return To Play protocol.

### 6. RETURN

To Return To Play safely following a concussion or suspected concussion, the players must be completely sign and symptom-free, be medically cleared by a doctor to do so, and then must also complete the age appropriate Return To Play protocol. For the purpose of concussion, full contact practice equals Return To Play.

