

**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.**

**UNSTEADY ON FEET?**

**FALLING OVER?**

**NAUSEOUS?**

**CONFUSED?**

**HEADACHE?**

**VOMITING?**

**DIZZY?**

**DAZED?**

**UNCONSCIOUS?**

**BLURRED VISION?**



## THE 6 R'S OF CONCUSSION:

**1. RECOGNISE**   
the signs and symptoms

**2. REMOVE**   
the player immediately from the game

**3. REFER**   
the player to a medical doctor who understands concussion

**4. REST**   
the player for the age-appropriate stand-down period

**5. RECOVER**   
until all symptoms have disappeared before entering the Return To Play process

**6. RETURN**   
to match-play only once sign and symptom free, having gone through the Return To Play process and after being cleared by a medical doctor

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 SpineLine number, 0800678678, operated by ER24.

