

DON'T BE A

# HEADCASE

**STOP!** CHECK FOR CONCUSSION

## RECOGNISE

know the symptoms  
and signs of concussion.

## REMOVE



any player you suspect  
has got a concussion  
**IMMEDIATELY.** Arrange  
for further assessment by  
a health care professional.

## RECOVER

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

## RETURN



all players must follow a step-wise  
Graduated Return to Play (GRTP)  
and must not go back to rugby/sport until  
they have been cleared to do so by a doctor.



**RECOGNISE, REMOVE AND IF IN DOUBT, SIT THEM OUT!**

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