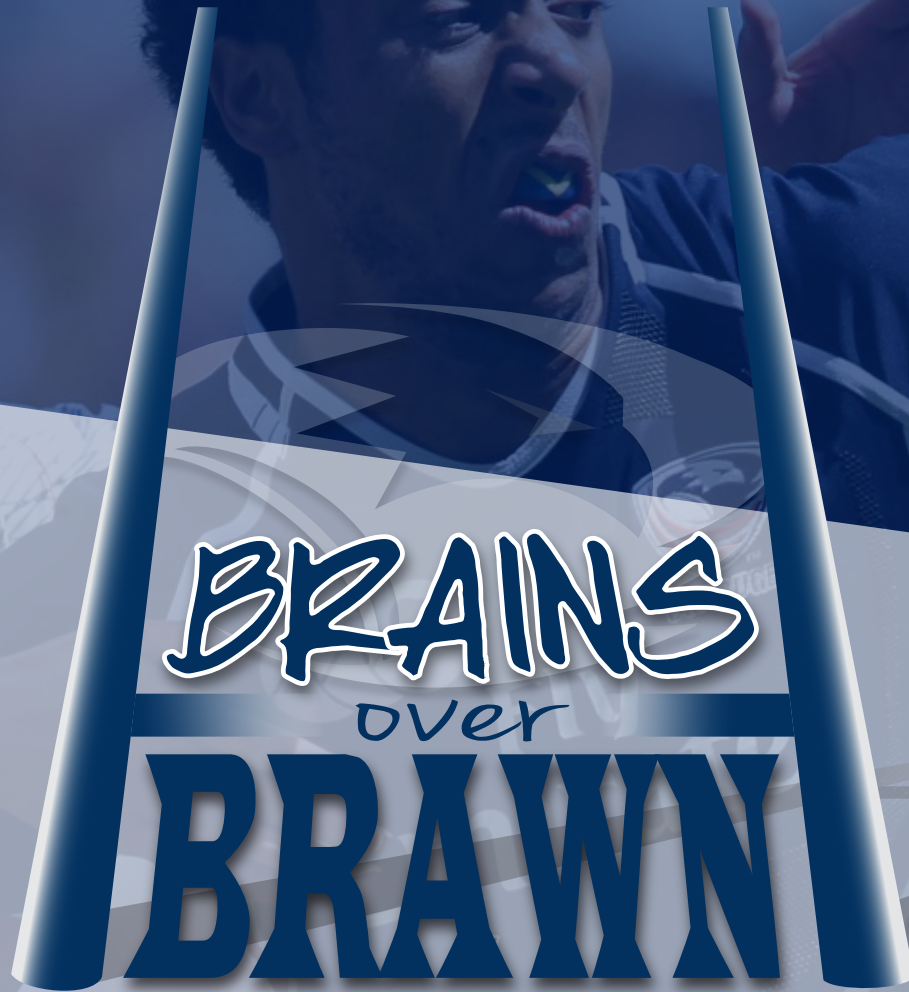


DON'T 'TOUGH OUT' A CONCUSSION KNOW THE 5 Rs



RECOGNIZE

Learn the signs and symptoms of a concussion so you understand when an athlete might have a suspected concussion.



REMOVE

If an athlete has a concussion or even a suspected concussion, he or she must be removed from play immediately.

REFER

Once removed from play, the player should be referred immediately to a qualified healthcare professional who is trained in evaluating and treating concussions.

RECOVER

Full recovery from the concussion is required before return to play is authorized. This includes being symptom-free. Rest and some specific treatment options are critical for the health of the injured participant.

RETURN

In order for safe return to play in rugby, the athlete must be symptom-free and cleared in writing by a qualified healthcare professional who is trained in evaluating and treating concussions. USA Rugby strongly recommends that the athlete complete the GRTP (Graduated Return to Play) protocol.

MORE INFORMATION : USARUGBY.ORG/CONCUSSIONS
MORE RESOURCES : USARUGBY.ORG/CONCUSSIONS