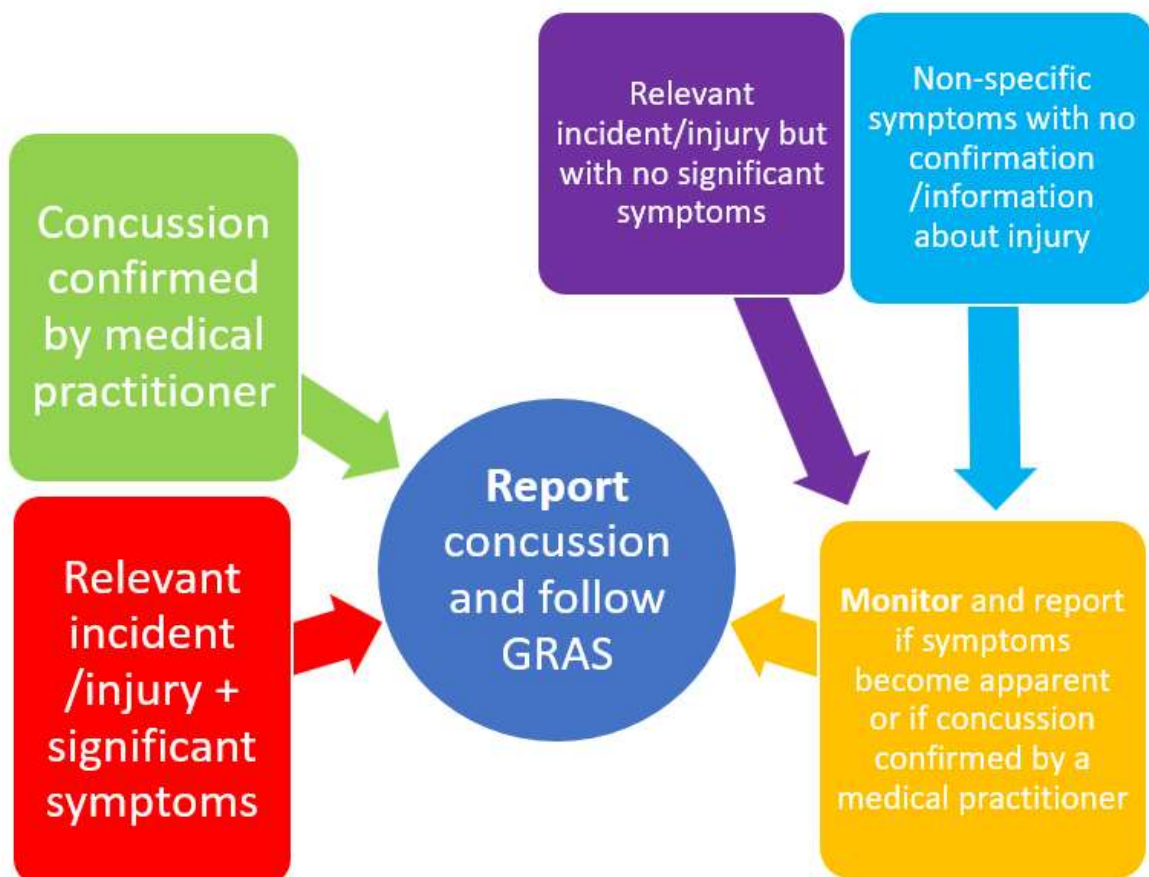


# Reporting Concussion or Suspected Concussion Hampshire RFU

The reporting of concussions/suspected concussions and subsequent careful management of return to play of Hampshire's youth and adult players has been a massively successful project over many seasons.

We continue to review and refine our approach and, in line with the August 2023 Graduated Return to Activity and Sport (GRAS) protocol, we are delighted that this national protocol confirms that in cases where positive signs and symptoms of head injury have been observed and noted at the time of an incident by an appointed, qualified Emergency First Aider, it is appropriate to apply the GRAS protocol and assist the player with his or her return to rugby over the next three weeks days after the injury, with **no return to full contact gameplay before 21 days** and only when symptoms have fully resolved. This is the case even when the injured player has later been to hospital or to a doctor after the incident and has received any alternative advice to the contrary.

The Hampshire RFU Protocol advocates the following principles in reporting a concussion to help First Aiders and other pitchside staff with knowing **when** to report:



# Reporting Concussion or Suspected Concussion

## Hampshire RFU



We must all be aware that applying the GRAS has some impact: the player may require some adaptations at school or work, miss some opportunities of physical activity, including some school PE or out-of-school activities for children, or potentially 2 weekends of rugby for adults and children before being gradually returned to play. We are therefore keen to ensure that we are applying the GRAS appropriately in each case of a concussion or **suspected** concussion.

Whereas we don't want concussion to go unreported, we also do not want every 'bumped head' reported as a concussion. In the community game, we rely in large part on volunteer, qualified Level 3 First Aiders who are making pitchside decisions on behalf of our youth and adult players based on the **incident/injury** they see and the **consequent symptoms** which present. Where there is a **relevant incident/injury + significant symptoms**, or when a concussion is confirmed by a medical practitioner, it **must** be reported and the GRAS must be followed. Where there are no significant symptoms, or when symptoms are not connected with any relevant injury, the protocol recommends to **monitor** the situation and report within 48 hours if symptoms become apparent or if concussion is later confirmed by a medical practitioner.

So – if you are concerned about the presenting symptoms, or if a medical practitioner confirms a concussion, or if you have seen significant symptoms at the scene: REPORT and tell us on the form what the worrying symptoms were, or that a doctor confirmed.

If you are not sure, didn't see the presenting symptoms yourself, didn't see anything which looked like concussive symptoms or have not been able to identify the incident, please MONITOR, by maybe asking the player later that day or the following day how they feel and whether they have had any persisting or late-onset symptoms. If so, REPORT and tell us about this.

If not, monitor up to 48 hours, and if there are no significant symptoms you do not have to report. You should, however, advise the player or player's parents what to look out for over the next week and ensure the coaches/first aiders keep an eye on t his player the next time they play/train.

*Recognise – Remove – Recover – Return*  
*"If in doubt, sit them out"*