

IF IN DOUBT, SIT THEM OUT.

All players with a suspected concussion should be removed from the pitch immediately and should not return to any physical activity for at least 24 hours.

Signs (visible to bystander)

Dazed or looking blank

Seizure (fits)

Loss of consciousness (or possible loss)

Unsteady on feet or balance problems

Slow to get up after contact

Unusual posturing on the ground

Unaware of events or confused

Clutching head

More emotional or irritable



Symptoms (felt by player and reported)

Headache

Pressure in head

Neck pain

Nausea or vomiting

Dizziness

Balance problems

Sensitivity to light

Sensitivity to noise

Feeling like in a fog

Feeling slowed down

“Don’t feel right”

Confusion

Drowsiness

Sadness

Difficulty concentrating

Difficulty remembering

Fatigue or low energy

Nervous or anxious

Difficulty falling asleep
and other sleep issues



Return to competition



Relative rest for
48 hours; staged
return to activity
and sport.



No return to contact training
until symptom free at rest for
at least **14 days**.



No return to
competition until
at least **21 days**.

Concussion Red Flag Signs or Symptoms

Players require urgent medical assessment (call 999) if any of the following red flag signs or symptoms are present.

Central Neck pain, seizures (fits), double vision, deteriorating conscious level, repeated vomiting, severe or increasing headache, loss of consciousness, increasingly restless, agitated or combative, weakness or tingling/burning in more than 1 arm or leg or visible deformity in skull.

More information can be on the
Scottish Rugby Player Welfare Hub:



<https://bit.ly/rugbyplayerwelfare>

Scottish Rugby recommends that everyone involved
in our game completes this e-learning course:



<https://bit.ly/concussion-learning>