

HEAD ON

CONCUSSION MANAGEMENT PROGRAMME

IN ASSOCIATION WITH

laya healthcare

OFFICIAL HEALTH AND WELLNESS PARTNER OF LEINSTER RUGBY

A GUIDE TO CONCUSSION

FOR PLAYERS - FOR PARENTS - FOR COACHES

REGISTER PLAYERS
16 AND OVER

FOR FREE

CONCUSSION MANAGEMENT
PROGRAMME

laya
healthcare

LEINSTER



There is growing awareness and concern about the potential long-term physical and cognitive impact of concussion in rugby and other contact sports.

While professional rugby players have access to expert knowledge and experienced backroom medical teams, there's an opportunity to extend this awareness and understanding of concussion, particularly repeated concussions, among players.

As Ireland's second largest health insurer with over half a million members, we are committed to Looking After You Always and plan to provide **HEAD ON**, a free Concussion Management Programme open to all amateur players, male and female, aged 16 and over in rugby clubs affiliated with Leinster Rugby, with whom we are official health & wellness partners. This is a simple and effective service to help treat and manage people who suffer a concussion.

From March 2016, laya healthcare are investing €100,000 to provide a baseline concussion test, completely free of charge, to 1,350 amateur Leinster rugby clubs players. Interested clubs can register their players by calling 1800 844 864 or by emailing headonconcussion@layahealthcare.ie. For more information please visit layahealthcare.ie/HeadOn

Should a player experience a suspected concussion, the cost of a follow up assessment as part of the Concussion Management Programme is also covered for free by laya healthcare.

We hope this summary guide will help inform and educate rugby players, parents and coaches on how to recognise and respond to the incidences of concussion.

Please do let us know your feedback on this initiative. In the meantime, we hope you continue to enjoy your rugby and can benefit from our **HEAD ON** Concussion Management Programme.

Take care,

Dónal Clancy

Managing Director of laya healthcare

HEADS UP

CONCUSSION EXPLAINED

Concussion is a type of Traumatic Brain Injury (TBI). It can occur when a player receives an impact to the head or body that causes the brain to rattle inside the skull. In the majority of cases, a player doesn't lose consciousness when they suffer concussion. This is where the danger exists, as symptoms of concussion may not be visible, and risk going undetected and untreated.

If you suspect a player to be concussed please remember the **FOUR Rs**:

1

RECOGNISE

Recognise the dangers of concussion

Learn to identify the symptoms of concussion

Some symptoms are physical and thereby visible, many more are cognitive so observe the player for other behaviours which may signal concussion

2

REMOVE

Any player with a suspected concussion should be removed immediately from training/play and not return until they have been medically assessed

They must not be left alone and must not drive a vehicle

Player should be medically assessed ASAP

3

RECOVER

Player must stop exercising until the symptoms of concussion are clear

They must follow IRFU protocols on Graduated Return to Play (GRTP)

4

RETURN

IRFU Guidelines for Seniors and U20s players recommends:

Min rest 14 days for Seniors and U20's

GRTP 8 days for U20s, 6 days for Seniors

Min time out
23 days for U20s
21 days for Seniors

RECOGNISE CONCUSSION



Here is a summary **RECOGNITION** guide to help identify concussion in young players. If a player shows signs of any of these symptoms, seek medical help immediately:

VISIBLE/PHYSICAL SYMPTOMS

- Loss of consciousness
- Lying motionless on the ground, or slow to get up
- Dizzy or loss of balance
- Nausea/vomiting
- Grabbing/clutching of head
- Dazed, blank or vacant look
- Neck pain
- Headaches
- Unequal pupils
- Blurred vision
- Sensitivity to noise and/or light
- Low energy or fatigue

COGNITIVE/MENTAL SYMPTOMS


- Confused, not aware of plays or events
- Loss of focus
- Difficulty remembering
- Amnesia
- Inability to remember new information
- Difficulty concentrating
- More emotional
- Low energy or fatigue
- Doesn't feel right
- Mental foginess
- Pressure in head

SLEEP-RELATED SYMPTOMS

- Drowsiness
- Sleeping more than usual
- Sleeping less than usual
- Unable to sleep

EMOTIONAL SYMPTOMS

- Irritability
- Sadness
- Anxiety
- Easily angered or upset
- Crying more than usual
- Lack of interest in normal activities
- Depression



PLAY IT SAFE
WITH CONCUSSION

Learn from the pros, take a proactive approach to the preventative health and safety of our Leinster rugby players. Register today for laya healthcare's free Concussion Management Programme for all amateur players, male and female, aged 16 and over, in association with Leinster Rugby.

Register by calling 1800 844 864 or by emailing headonconcussion@layahealthcare.ie. For more information please visit layahealthcare.ie/HeadOn

"Concussion is a very serious issue and one that I and the rest of the team in Leinster Rugby take very seriously. I welcome and fully support laya healthcare in their mission to provide a free HEAD ON Concussion Management Programme to players. I would urge everyone in the rugby community to educate themselves with the necessary knowledge and know-how so that we can all play our part in dealing with the issue of concussion. The wellbeing of our players at all levels of the sport should be of paramount concern to us all and we must do everything possible to help keep them safe."

Leo Cullen, Head Coach, Leinster Rugby

"Concussion can happen at any time and age. This is why it is crucial that players, coaches and referees as well as the parents of these players understand concussion, know the signs and in particular what the graduated return to play protocols are. It is incumbent upon us to keep them safe."

Dr Ciaran Cosgrave, Head Doctor at Leinster Rugby



WHY TAKE CONCUSSION
SO SERIOUSLY?

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SCT 2014-15
J. J. Kavanagh & Sons
Est. 1919

WHY MUST CONCUSSION BE TAKEN EXTREMELY SERIOUSLY?

- Ignoring the signs and symptoms of concussion may result in death, a more serious brain injury or a prolonged recovery period.
- The potential for serious and prolonged injury emphasises the need for comprehensive medical assessment and follow-up until the concussion has fully resolved.
- Returning to play before complete resolution of the concussion exposes the amateur player to recurrent concussions that might take place with ever decreasing forces.
- Repeat concussions could shorten a player's career and may have some potential to result in permanent neurological (brain) impairment.
- There is no such thing as a minor concussion or 'knock to the head'.

OUR MISSION

It's vital to understand the signs and symptoms of concussion, and at laya healthcare we are pursuing a more proactive approach to managing and reducing the risk of sports-related concussion especially among amateur players.

We're teaming up with AMS (Advanced Medical Services), the leading provider of sports and workplace healthcare services in Ireland, to roll out our HEAD ON Concussion Management Programme to rugby clubs in Leinster.

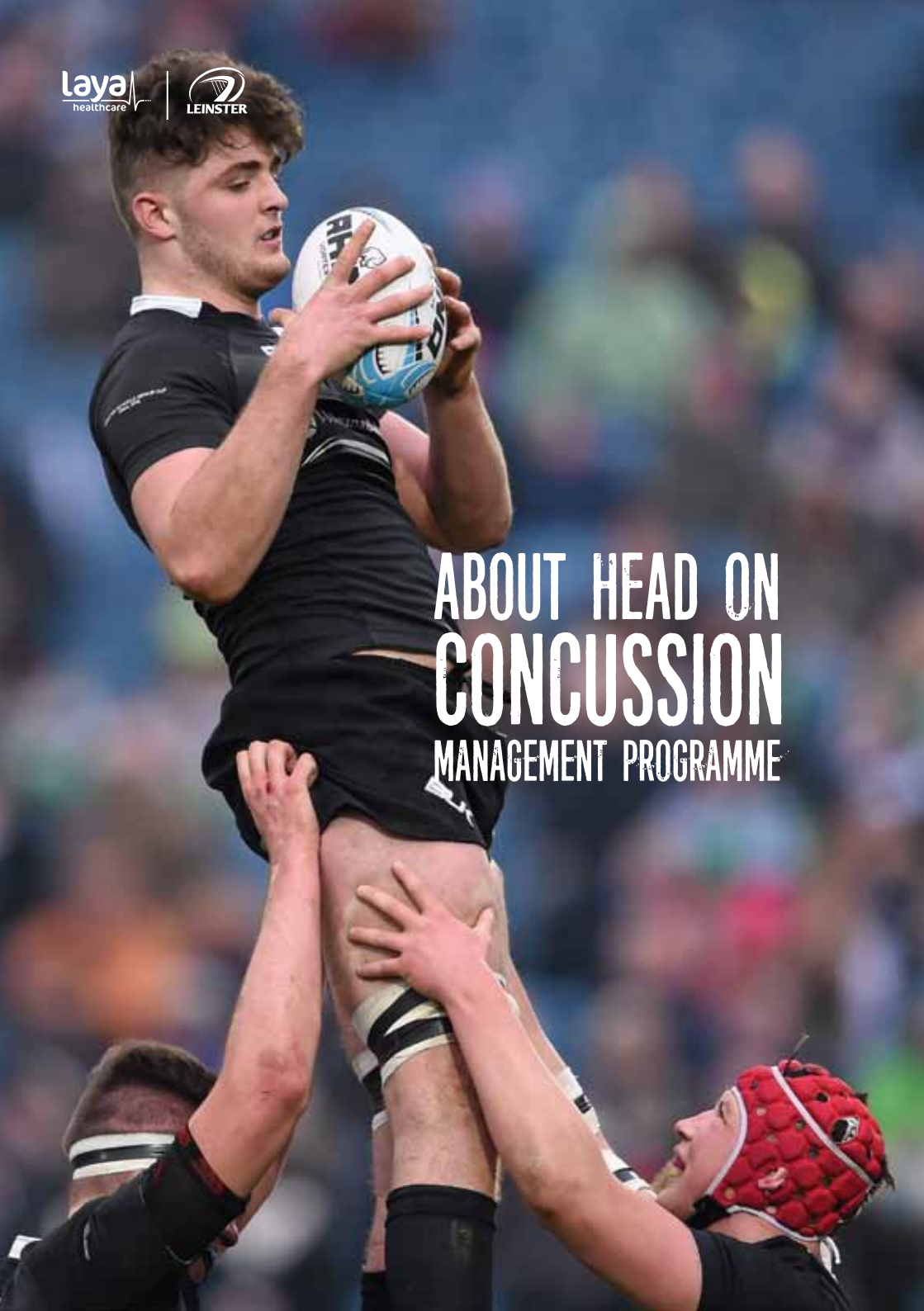
From March 2016, we will deliver 1,350 baseline concussion tests completely free of charge to rugby club players 16 years and older. Register your players by calling 1800 844 864 or by emailing headonconcussion@layahealthcare.ie. For more information please visit layahealthcare.ie/HeadOn

HEAD ON is a pilot campaign that, if successful, we will look to expand in the future, but all rugby clubs are free to invest in their own Concussion Management Programme.

The service is available to all contact sport organisations and teams, not just rugby. However, all rugby clubs can avail of a 20% discount on the costs of the test when booked directly with AMS.

Go to advancedmedicalservices.ie to learn more about the above.

ABOUT HEAD ON CONCUSSION MANAGEMENT PROGRAMME



HEAD ON is designed to bring peace of mind to those who may have suffered concussion and ensure they continue to follow correct rest and recovery protocols.

Here's how it works:



It's super simple, the player just sits at a laptop and performs some easy instructions/commands so we can test a few fundamentals around memory and reaction times.



Only takes 30 minutes to complete.



HEAD ON is tried and tested - 8 million people have taken this accredited baseline test worldwide.



If a player has suspected concussion within a year of their baseline test, they (or their parents or coach) must contact AMS directly who will quickly move to book the affected player in for a follow-up assessment with a **HEAD ON** doctor for a post-injury evaluation.

All follow up contact details will be given to each player at the time of their baseline test for use should they experience a suspected concussion.

The goal of our **HEAD ON** Concussion Management Programme is to ensure that we manage each player's concussion individually ensuring they don't return to school, work or to the playing field too soon.



REGISTRATION AND INFORMATION

"Ignoring the signs and symptoms of concussion could result in a serious brain injury or death and providing players, parents and coaches with simple tips and advice is key to growing awareness and understanding of concussion. We welcome laya healthcare's HEAD ON screening initiative and look forward to working with them to roll it out across Leinster Rugby's network of rugby teams across the province."

Dr. Ciaran Cosgrave, Head Doctor at Leinster Rugby

HOW TO REGISTER PLAYERS FROM YOUR CLUB:

Using the contact details below, a club representative can register a maximum of 45 players from their club, all of whom must be age 16 or over. This is open to both male and female players and is based on a first come first served basis.

Closing date is March 14th for registration

Register by calling

1800 844 864

between the hours of 9am and 5.30pm, Monday to Friday

or by emailing

headonconcussion@layahealthcare.ie

please provide us with a contact number

For more information please visit

layahealthcare.ie/HeadOn

The Programme will take place in the last two weeks of March in the Red Cow Moran Hotel Naas Road, Dublin 22. This is located just off the M50 at junction 9 or at junction 1 on the N7.

*In association with laya healthcare,
supported by Leinster Rugby*



OFFICIAL HEALTH & WELLNESS PARTNER
TO LEINSTER RUGBY



looking after you always