

KICK CONCUSSION INTO TOUCH

and remember the Four Rs
if you suspect a player to be concussed

RECOGNISE

the dangers
and identify
symptoms

Some are physical,
many more
are cognitive

REMOVE

Any player with
suspected concussion
do not leave them
alone or let them
drive a vehicle

Player should be
medically assessed
ASAP

RECOVER

No exercise until
symptoms are clear

Follow IRFU
protocol on
Graduated Return
to Play (GRTP)

RETURN

IRFU Guidelines
for Seniors and U20
players recommends:

Min rest 14 days for
Seniors and U20s

GRTP

8 days for U20s
6 days for Seniors

Min time out
23 days for U20s
21 days for Seniors

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