

## RUGBY AUSTRALIA CONCUSSION OVERVIEW

### WHAT IS CONCUSSION?

- A concussion is a brain injury.
- Concussion causes a disturbance of brain function.
- Symptoms can come on at any time, but usually within 24-48 hours after a collision.
- Children and adolescents are more susceptible to concussion, take longer to recover, have more significant memory and mental processing issues, and are more susceptible to rare and dangerous neurological complications, including death caused by a single or second impact.

### HOW CAN IT HAPPEN?

- Concussion usually follows a head collision, but can occur with a collision to other parts of the body.
- Concussion can occur without the player being “knocked out” i.e. losing consciousness.
- If a player is “knocked out”, they have a concussion.

### WHAT CAN BE THE CONSEQUENCES?

- Most concussions recover with physical and mental rest.
- Concussion that is ignored or not recognised can be fatal.

### TAKEAWAYS

- All concussions should be taken seriously.
- Children and adolescents must be treated more conservatively than adults.
- All players with potential head injury or concussion must be removed from the field immediately.
- If in doubt, sit them out!
- Return to play or training on the same day is not permitted for any potential head injury or concussion.
- **ADULTS AGED 19 AND OVER – the MINIMUM period before RETURN TO PLAY is 12 days**
- **CHILDREN AND ADOLESCENTS AGED 18 AND UNDER – the MINIMUM period before RETURN TO PLAY is 19 days**

*\*As of 31 January 2018*