



## Concussion 'Recognise and Remove'

HKRU has various measures in place to provide education and support for players at all levels of the game.

We encourage the rugby community to take concussion seriously and follow the 6R's:

<b>Recognise</b>	Learn the signs and symptoms of a concussion so you understand when an athlete may have a suspected concussion.
<b>Remove</b>	If an athlete has a concussion or even a suspected concussion he or she must be removed from play immediately.
<b>Refer</b>	Once removed from play, the player should be referred immediately to a qualified healthcare professional that is trained in evaluating and treating concussion.
<b>Rest</b>	Players must rest from exercise until symptom-free and then start a "Graduated Return to Play". World Rugby recommends a more conservative return to play for children and adolescents.
<b>Recover</b>	Full recovery from the concussion is required before return to play is authorised. This includes being symptom free. Rest and specific treatment options are critical for the health of the injured participant.
<b>Return</b>	In order for safe return to play in rugby, the athlete must be symptom free and cleared in writing by a qualified healthcare professional who is trained in evaluating and treating concussions. The athlete must comply with/complete the GRTP (Graduated Return to Play) Protocol.

**Players suffering from concussion may not return to play until:**

- ❖ **All their symptoms have cleared**
- ❖ **They have followed the GRTP protocol**
- ❖ **They have been medically cleared to return**

More information available at:

World Rugby: <http://playerwelfare.worldrugby.org/?documentid=112>

HK Rugby: <https://www.hkrugby.com/playerwelfare>