

CONCUSSION PROTOCOL

**CONCUSSION MUST BE TAKEN SERIOUSLY. ANY PLAYER
WITH CONCUSSION OR SUSPECTED CONCUSSION
MUST BE REMOVED FROM THE FIELD OF PLAY.**

RECOGNISE & REMOVE

BASELINE NEUROCOGNITIVE TESTING (ImPACT) FOR ALL PLAYERS IS
RECOMMENDED AND IS ENDORSED BY THE IRFU.

(FOR SECONDARY SCHOOL AGE GROUPS THE BASELINE SHOULD BE DONE EVERY 2 YEARS).



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IRFU

PLAYER WITH SUSPECTED CONCUSSION

- 1 In the event that a player has a concussion or suspected concussion he / she must be immediately removed from the field of play.
- 2 The player should be medically assessed by the team doctor or his /her GP as soon as possible. In the event of a serious injury (e.g., loss of consciousness, suspected skull fracture) the player should be brought by ambulance to A&E.
- 3 The player must rest at this stage and must not return to play or train at this time.
- 4 Contact is made with Advanced Medical Services (AMS) to schedule a Post Injury Testing and clinical evaluation. The injured player will be seen on or after the 10th day from the date of the concussion or suspected concussion.
- 5 The contact number to schedule in for Post injury testing is:
Phone: 021 4297686 Lo-call: 1890 300 333
- 6 Post injury testing should take place after day 10 of the concussion or suspected concussion.
- 7 The AMS doctor will conduct the post injury neurocognitive test and clinical evaluation advising next steps regarding the Graduated Return to Play (GRTP) & Return to Learn protocols.

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WHAT ARE THE SIGNS AND SYMPTOMS?

- Loss of consciousness
- Seizure or convulsion
- Balance problems
- Nausea or vomiting
- Player is more emotional
- Irritability
- Fatigue or low energy
- Player is more nervous or anxious
- Confusion
- 'Don't feel right'
- Headache
- Dizziness
- Blurred vision
- Feeling slowed down
- Sensitivity to light
- Amnesia
- Feeling 'like in a fog'



FOR MORE INFORMATION
CALL US ON **1890 300 333**
OR **WWW.AMEDS.IE**