

Concussion Information and Return to Play Guidelines

_____ has sustained a concussion in their athletic event. There are many signs and symptoms that can accompany a concussion that you should be aware of. If any of these signs and symptoms worsen it is important to immediately get your son/daughter to the emergency room for further evaluation and testing.

Signs and Symptoms

PHYSICAL

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> Headache/Pressure | <input type="checkbox"/> Ringing in the ears | <input type="checkbox"/> Nausea | <input type="checkbox"/> Neck pain |
| <input type="checkbox"/> Blurred vision | <input type="checkbox"/> Seeing "stars" | <input type="checkbox"/> Vomiting | <input type="checkbox"/> Poor balance |
| <input type="checkbox"/> Double vision | <input type="checkbox"/> Vacant stare | <input type="checkbox"/> Numbness/Tingling | <input type="checkbox"/> Poor coordination |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Glassy eyes | <input type="checkbox"/> Sensitivity to light | <input type="checkbox"/> Reduced playing ability |
| | | <input type="checkbox"/> Sensitivity to noise | |

COGNITIVE

- | | |
|---|--|
| <input type="checkbox"/> Feel in a "fog" | <input type="checkbox"/> Slurred speech |
| <input type="checkbox"/> Feel "slowed down" | <input type="checkbox"/> Slowed speech |
| <input type="checkbox"/> Feel "stunned" | <input type="checkbox"/> Confusion |
| <input type="checkbox"/> Feel "dazed" | <input type="checkbox"/> Disorientation |
| <input type="checkbox"/> Memory problems | <input type="checkbox"/> Easily distracted |
| <input type="checkbox"/> Poor concentration | <input type="checkbox"/> Amnesia |

EMOTIONAL

- | |
|--|
| <input type="checkbox"/> More emotional |
| <input type="checkbox"/> Personality change |
| <input type="checkbox"/> Nervousness/Anxiety |
| <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Sadness |
| <input type="checkbox"/> Lack of motivation |

SLEEP

- | |
|---|
| <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Drowsiness |
| <input type="checkbox"/> Excess sleep |
| <input type="checkbox"/> Sleeping less than usual |
| <input type="checkbox"/> Trouble falling asleep |

Home Guidelines for the Concussed Athlete

1. Allow the athlete to sleep and get plenty of rest in a low light environment
2. Drink plenty of fluids (water)
3. Athlete can take Tylenol (Acetaminophen) for pain. **Do not use Aspirin or Ibuprofen**
4. Ice for head and neck pain
5. Follow return to play guidelines below before returning to activity
6. Seek immediate medical attention if signs and symptoms worsen
7. Make an appointment to be evaluated by a medical provider within two-three days.

Return to Play Guidelines

Athletes with a concussion may NOT return to play the same day. Athletes must have a minimum of 14 days physical rest and be asymptomatic. Once asymptomatic after rest, athletes must begin a 5-day return-to-play progression gradually returning the athlete to normal activities. There is a minimum 24 hour period between each step. If at any time the athlete's symptoms return they must go back to the previous asymptomatic level and reattempt progression after a further 24 hour period of rest has passed. **Athletes must be evaluated prior to starting the return to learn/return to play process by a licensed healthcare professional that has advanced training in concussion management. The athlete must be able to resume all normally scheduled academic activities without restrictions or the need for accommodation prior to receiving authorization to return to play by a qualified health care professional.**

1. Relative Rest/ Symptom Limited Activity (physical and cognitive rest), *at least 14 days.*
2. Light aerobic activity (Stationary bike or treadmill)
3. Sport specific exercise
4. Non-contact sport specific drills and light weight training
5. Full contact drills and training with **MEDICAL CLEARANCE**
6. Return to competition- *no less than 19 days after initial concussion.*

Athletes must return the Rugby Idaho Return to Participation Medical Release Form PRIOR to competition.



All Rugby Idaho Concussion Information and forms found at:

www.rugbyidaho.com/medical

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