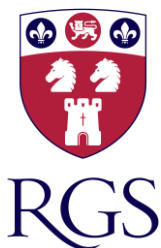




# **CONCUSSION PROTOCOL**



RGS



# CONCUSSION PROTOCOL

Newcastle upon Tyne Royal Grammar School

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## WHAT IS CONCUSSION?

A concussion is an injury to the brain that results in temporary interruption of normal brain function. It can occur in any situation where there is the potential for head injury, although particular attention should be paid to injuries sustained from high impact sport, falls from a height or activities taking place on a hard surface.

Concussion must always be taken seriously and it is vitally important that any child/young person suspected of having concussion should immediately be stopped from continuing whatever activity they are doing and be assessed by a medical professional for diagnosis and guidance.

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## WHY IS CONCUSSION IMPORTANT?

### COGNITIVE FUNCTIONING

Studies have highlighted increasing evidence that concussion impacts cognitive function for days after the injury. Return to school or exercise too quickly can exacerbate symptoms and prolong this reduced function. There is also the possibility of longer term impact on cognitive function if each individual concussion is not managed appropriately.

### SECOND IMPACT SYNDROME (SIS):

SIS results from acute swelling of the brain, which occurs as a result of a second concussion being sustained before having appropriately managed the initial concussion. Although it is rare, it can result in severe disability and/or in worst case, death.

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## How should it be managed?

Rugby is currently taking the lead in concussion recognition and management due to its frequency of occurrence within the sport, therefore, the School will utilise the RFU protocols to best manage all RGS students who sustain a concussion, regardless of which sport they play.

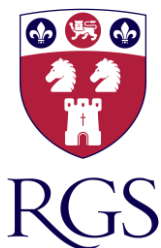
Useful resources, including infographics and online education modules are easily accessible on the RFU website for anyone wishing to increase their knowledge and understanding around concussion and its recovery process on the below links;

'HEADCASE' RFU - <https://www.englandrugby.com/participation/playing/headcase>

This recovery process is summarised as the '5 Rs' – Recognise, Remove, Refer, Recover and Return. The aim is to ensure early recognition and management of the injury before providing a Graduated Return to Play (GRTP), ensuring students are returning safely and effectively to their respective sport. Each stage is summarised as follows;

### RECOGNISE

Symptoms of concussion can first present in a variety of ways and different scenarios. Close side-line monitoring is important to identify and control on-pitch incidents and any obvious



or possible head collisions which may result in concussion. Studies have also highlighted that as much as 25% of reported concussions don't show or highlight their symptoms until after the game or event. Awareness of delayed concussion is important and should be considered for reported symptoms 24-48 hours post event.

## REMOVE

Symptoms and signs on concussion

<b>Symptoms (what you are told)</b>	<b>Signs (what you may see)</b>
Headache	Dazed, blank or vacant look
Dizziness	Lying motionless on ground/slow to get up
Mental clouding, confusion or feeling slowed down	Unsteady on feet/balance problems or falling over/incoordination
Visual problems	Loss of consciousness or responsiveness
Nausea or vomiting	Confused/not aware of plays or events
Fatigue	Grabbing/clutching head
Drowsiness/feeling like 'in a fog'/difficulty concentrating	Seizure (fits)
'Pressure' in the head	More emotional/irritable than normal for that person
Sensitivity to light or noise	

## REFER

As per RFU protocol, All players/students must be seen by a doctor at the earliest opportunity. This is to rule out any further investigation required and ensure there is nothing more significant than the diagnosed concussion. It is unlikely there will be a doctor present at most games but will be the responsibility of the physio or coach present on the day to make the diagnosis and onwards referral to a doctor.

Following this, all students should be appointed to see the School physio/nurse to be put on the School recovery protocol as highlighted below.

## RECOVER

RGS NEWCASTLE CONCUSSION GRTP PROTOCOL							
Stage	Stage 1A	Stage 1B	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
<b>Aim</b>	Complete Rest (Physical & Cognitive)	Relative Rest – Symptom free with daily living activities	Introduce Light Aerobic Exercise	Increase Aerobic Exercise and Introduce Sport Specific Skills	Non-Contact Team Training	Full-Contact Team Training	Return To Sport
<b>Activity</b>	No Exercise or Driving. Minimise Screen time. Time off from school.	Return to normal daily activities as symptoms allow. No exercise.	Static Cycling at low to moderate intensity. 20-30 mins total. No resistance Training.	Running Drills and sport specific skills. No head impact activities.	Return to Team Training, no contact. Can start resistance training if appropriate.	Return to Full Team Training – must complete some contact skills. Clearance by Doctor at this stage.	Normal Game Play
<b>Goal</b>	Recovery to symptom free state	Return to Normal daily activities	Increase Heart Rate	Increase intensity	Exercise increase, co-ordination & Cognitive Load	Restore Confidence & Assess functional skills by coaches	Full asymptomatic return to on and off pitch tasks
<b>Timeframe</b>	48 Hours	2 weeks (Including 1A)	48 hours between phases	48 hours between phases	48 hours between phases	48 hours between phases	
<b>Days</b>	2 Days	Day 3-14	Day 15	Day 17	Day 19	Day 21	Day 23
All athletes must remain symptom free throughout all phases – if symptoms occur throughout the protocol they should speak to a physio/doctor, rest a minimum of 48 hours and repeat the previous phase considering symptoms have resolved						<b>*Must be signed off by doctor before confirmed return to play*</b>	

### NB.

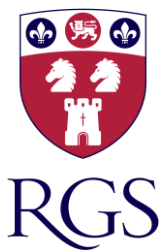
Students must be absent from school for 48hrs after being diagnosed with concussion to allow maximum rest. They may need longer if they haven't returned symptom free after this initial 48 hours.

### RETURN

All players must be signed off by the School Doctor or GP having successfully completed the protocol.

### POINTS TO CONSIDER

- 2 Concussions within 6 months need relevant review (Concussion aware Doctor)
- 3 Concussions within 6 months need specialist review and prolonged rest (Neurologist)
- If a concussion is diagnosed outside school, parents **must inform the school straight away**. Students then must follow the School GRTP protocol unless in exceptional circumstances which are agreed by the DoS, DP and Bursar and if students follow a different GRTP, school must have a letter from the student's doctor upon completion of the protocol, declaring them fit to resume contact sport.



## **CONTACT DETAILS**

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