

DON'T BE A

# HEADCASE<sup>®</sup>

**STOP! CHECK FOR CONCUSSION**

## RECOGNISE

know the symptoms and signs of concussion.

## REMOVE



any player you suspect has got a concussion **IMMEDIATELY**. Arrange for further assessment by a health care professional.

## RECOVER

give players time to recover fully as you would with any other injury.

## RETURN



all players must follow a step-wise Graduated Return to Play (GRTP) and must not go back to rugby/sport until they have been cleared to do so by a doctor.



**RECOGNISE, REMOVE AND IF IN DOUBT, SIT THEM OUT! RUGBY-LEAGUE.COM/HEADCASE**