DON'T LIGHT CASE STOP! CHECK FOR CONCUSSION FOR CONCUSSION AGITATED SEIZURE EARS AND EYES HEADACHE EMOTIONAL APPEARANCE DROWSINESS CONFUSION AGITATED SEIZURE EARS AND EYES

GRADUATED RETURN TO ACTIVITY AND SPORT (GRAS)

STAGE 1

Recovery & Relative Rest Period (24 – 28 Hours)



STAGE 2

Return to Life Activities

(From 48 Hours - Day 7)



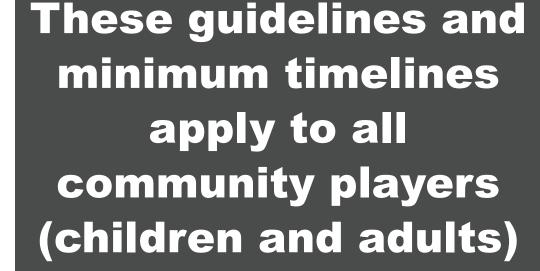
STAGE 3

Return to Light Aerobic Exercise (From Day 8)



STAGE 4

Return to Non-Contact Rugby Training (From Day 10)



STAGE 5

Return to contact Rugby Practice (From Day 15)



STAGE 6

Return to Playing Matches (From Day 21)

For more information visit the RugbySafe HEADCASE Toolkit

RECOGNISE, REMOVE
AND IF IN DOUBT,
STITLEM QUIT



