



THE
KING'S
HOSPITAL
SCHOOL

Concussion Policy

February 19 2019

Any player with a suspected concussion must be removed immediately from training/play:

- If this happens at a training they should be taken to school nurse by one of their coaches.
- In the case of home matches players should be accompanied to the school nurse who will assess the player and contact parents.
- In the case of away matches the injury should be reported to the nurse by phone and player should be accompanied to the nurse upon return to school.

There will always be an adult with the concussed player to monitor their symptoms until seen by a nurse or medical professional.

If parents of the injured player are present they should be informed of the injury (nurse should still be informed by phone).

Players must not return to training or playing for a minimum of 23-days, and must be symptom free when they return.

Players must not take part in any exercise for 14 days' post-concussion, following this the gradual return to play (GRTP) protocol can be used. Players must be cleared by a medical professional before returning to training or playing, but they cannot come back before 23 days. We have a school doctor who can do this, or the player can see their own GP.

Players with concussion will be recorded on SOCS, and coaches will refer to the concussion list on SOCS before selecting a team.

For information on signs and symptoms and GRTP can be found at www.irishrugby.ie/medical and saferugby@irishrugby.ie

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