

THE HEALTH OF A PLAYER'S BRAIN COULD BE IN YOUR HANDS.

Knowing when to take a rugby player off the field protects them. Recognise and remove, concussion is a brain injury. Let's not lose our heads on the rugby field. If in doubt, sit them out.

UNSTEADY ON FEET?

FALLING OVER?

DIZZY?

CONFUSED?

NAUSEOUS?

VOMITING?

UNCONSCIOUS?

BLURRED VISION?

HEADACHE?

THE 6 R'S OF CONCUSSION:

01 Recognise the signs and symptoms

02 Remove the player immediately from the game

03 Refer the player to a medical doctor who understands concussion

04 Rest the player for the age-appropriate stand-down period

05 Recover until all symptoms have disappeared before entering the return to play process

06 Return to match play only once sign and symptom free, having gone through the return to play process and after being cleared by a medical doctor.

BokSmart provides you with all the necessary information at your fingertips to make better informed decisions, when the players need it most. Visit www.BokSmart.com or follow us on Twitter: @BokSmart or Facebook:

Facebook.com/BokSmart. For any potentially serious concussion, head, neck or spine rugby injury contact the toll-free BokSmart SpineLine number, 0800678678, operated by ER24.



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PLAYERS
FUND

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