



# Concussion Information and Return to Sport Strategy

\_\_\_\_\_ has been suspected of sustaining a concussion in their athletic event. There are observable signs and reported symptoms that can accompany a concussion that you should be aware of. If any of these signs and symptoms worsen it is important to immediately get your son/daughter to the emergency room for further evaluation and testing.

## Observable Signs & Reported Symptoms

 <b>Observable Signs</b>	 <b>Reported Symptoms</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Can't recall events prior to or after a hit or fall</li> <li><input type="checkbox"/> Appears dazed or stunned</li> <li><input type="checkbox"/> Moves clumsily</li> <li><input type="checkbox"/> Answers questions slowly</li> <li><input type="checkbox"/> Loses consciousness (even briefly)</li> <li><input type="checkbox"/> Shows mood, behavior, or personality changes</li> <li><input type="checkbox"/> Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Headache or "pressure" in the head</li> <li><input type="checkbox"/> Nausea or vomiting</li> <li><input type="checkbox"/> Balance problems or dizziness</li> <li><input type="checkbox"/> Double or blurry vision</li> <li><input type="checkbox"/> Bothered by light or noise</li> <li><input type="checkbox"/> Feeling sluggish, hazy, foggy, or groggy</li> <li><input type="checkbox"/> Confusion, or concentration or memory problems</li> <li><input type="checkbox"/> Just not "feeling right" or "feeling down"</li> </ul>

## Things to Look Out For

<b>RED FLAGS - Call your doctor or go to your emergency department if you suddenly experience any of the following:</b>			
Headaches that <u>worsen</u>	Look <u>very</u> drowsy, can't be awakened	Can't <u>recognize</u> people or places	Unusual behavior change
Seizures	<u>Repeated</u> vomiting	Increasing confusion	Increasing irritability
Neck pain	Slurred speech	Weakness or numbness in arms or legs	Loses consciousness

## Home Guidelines for the Athlete with a Concussion

1. Allow the athlete to sleep and get plenty of rest in a low light environment
2. Drink plenty of fluids (water)
3. Athlete can take Tylenol (Acetaminophen) for pain
4. Ice for head and neck pain
5. Follow return to sport strategy below before returning to activity (see other side of this page)
6. Seek immediate medical attention if signs and symptoms worsen
7. Make an appointment to be evaluated by a medical provider within two-three days

**Athletes must return the Rugby Idaho Return to Participation Medical Release Form PRIOR to competition. See reverse side for the Return to Sport strategy.**

## Return to Sport Strategy

Athletes with a concussion may NOT return to play the same day. Athletes may not begin the return to sport strategy until 14 days after the injury. There is a minimum 24-hour period between each step. **Athletes must be evaluated prior to starting the return to learn/return to sport process by a licensed healthcare professional that has advanced training in concussion management. The athlete must be able to resume all normally scheduled academic activities without restrictions or the need for accommodation prior to receiving authorization to return to play by a qualified health care professional.**

1	Symptom-limited activity	Daily activities that do not exacerbate symptoms (e.g., walking).
2	<p>Aerobic exercise</p> <p><b>2a.</b> Light (up to approx. 55% max HR) <b>then</b></p> <p><b>2b.</b> Moderate (up to approx. 70% max HR)</p>	<p>Stationary cycling or walking at slow to medium pace.</p> <p>May start light resistance training that does not result in more than mild and brief exacerbation* of concussion symptoms.</p>
3	Individual sport-specific exercise	Sport-specific training away from the team environment (e.g., running, change of direction and/or individual training drills away from the team environment). <b>No activities at risk of head impact.</b>
<p><b>Following authorization by your physician, Steps 4–6 should begin <u>after</u> the resolution of any signs and symptoms related to the current concussion, including during and after physical exertion.</b> Athletes experiencing concussion-related signs/symptoms during Steps 4–6 should return to Step 3 to establish full resolution of symptoms with exertion before engaging in at-risk activities.</p>		
4	Non-contact training drills	Exercise to high intensity including more challenging training drills (e.g., passing drills, multiplayer training), can integrate into a team environment.
5	Full contact practice	Following medical clearance, participate in normal training activities.
<p>If symptoms re-emerge with this level of exertion, then return to Step 3 to establish full resolution of symptoms with exertion before engaging in at-risk activities.</p> <p><b>If the student remains symptom free for 24 hours after this level of exertion, then proceed to the next stage with MEDICAL CLEARANCE.</b></p>		
6	Return to sport	Normal game play ( <b>minimum of 19 days from date of injury</b> ).

*\*Mild and brief exacerbation of symptoms is defined as an increase of no more than 2 points on a 0–10 point scale (with 0 representing no symptoms and 10 the worst symptoms imaginable) for less than an hour when compared with the symptoms reported prior to cognitive activity or physical exertion.*

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Concussion information and forms found at:  
[playrugbyidaho.com/policy-and-procedures-1](http://playrugbyidaho.com/policy-and-procedures-1)

January 2026