



Putting Kids in Position to Achieve

Concussion Protocol

Rugby is a fun and rewarding experience that helps put our kids in a position to succeed in life. This is why our athletes' well-being is at the forefront of Engage. Engage has implemented a concussion policy which follows the USA Rugby and Center for Disease Controls (CDC) policies.

Concussion awareness is the responsibility for everyone involved in Engage, including volunteers, coaches, and parents. Every person must practice and follow USA Rugby's 5 Rs for concussion awareness:

Recognize – Learn the signs and symptoms of a concussion so you understand when an athlete might have a suspected concussion.

Remove – If an athlete has a concussion or even a suspected concussion he or she must be removed from play immediately.

Refer – Once removed from play, the player should be referred immediately to a qualified healthcare professional who is trained in evaluating and treating concussions.

Recover – Full recovery from the concussion is required before return to play is authorized. This includes being symptom-free. Rest and some specific treatment options are critical for the health of the injured participant.

Return – In order for safe return to play in rugby, the athlete must be symptom-free and cleared in writing by a qualified healthcare professional who is trained in evaluating and treating concussions. USA Rugby strongly recommends that the athlete complete the GRTP (Graduated Return to Play) protocol.

Engage does not have a full-time medical staff that is qualified to evaluate concussions. Engage's policy for any potential concussion is defer medical opinion, advice, and treatment to qualified and licensed Medical Doctors (MD) or Doctors of Osteopathy (DO).

Additional information on USA Rugby's concussion policy can be found here:

<https://www.usarugby.org/concussions/>

Concussion Protocol Steps

1. If a player shows symptoms of concussion before, during or after an Engage event, that player must be removed from play immediately, not to return during that event. No Exceptions.
2. The player needs to be evaluated by appropriate medical staff. Best practice would be evaluation by a medical physician who has training in concussion evaluation and management. A player must do this before returning to play rugby in any form.
3. If a concussion is diagnosed, that player must sit out of activity with full rest for the minimum of 2 weeks (14 full days) AND be symptom free before beginning the 5 day Graduated Return to Play Protocols. Not returning to rugby before GRTP fully complete and symptom free.
4. Once a player is cleared by a physician, they should be closely monitored for any lingering symptoms by coaches, parents, teammates and medical staff and be removed from play immediately if symptoms occur.



@ENGAGEZONA