



**RADLEY**

## **Concussion**

**December 2023**

# Concussion Policy

Radley College takes the issue of head injuries, and specifically concussion, very seriously, especially in the light of new and current research. All new Shell and 6.1 pupils are required to complete the World Rugby Concussion Management module (<https://passport.world.rugby/player-welfare-medical/concussion-management-for-the-general-public/>). This culminates in a test to ensure that boys are fully aware of the issue. The module is also completed by staff members who coach rugby.

Rugby coaches have an INSET at the start of each season given by one of the College GPs. This refreshes and updates knowledge on the key signs or symptoms of concussion and the management of such incidents. This approach at the start of each academic year ensures that the issue of concussion is embedded and refreshed in the minds of most boys and dons, regardless of whether they play rugby or not. Pupils in shell year will also be required to complete a symptom evaluation score at the beginning of the academic year. This will be used as the baseline to compare with if the pupil sustains a concussion injury.

## The Management of Concussion Incidents

When a boy is suspected of having concussion during sport, he is removed from the pitch immediately for assessment. He will be assessed by the pitch side medical team either at the side of the pitch or taken to the pitch side pavilion for further assessment. If at the pitch side assessment there are any symptoms of a head injury then the pupil will be taken to the pavilion where a head injury assessment will be completed, and a period of observation undertaken. A symptom evaluation score will also be completed at this time. If there is any period of loss of consciousness or any worrying red flag symptoms that are not resolving, the pupil will be referred urgently to hospital for a more extensive examination. A copy of the initial examination and observations will accompany the pupil.

A phone call will also be made to away school medical centres to inform them of potential concussion injuries and the pupil will be handed over verbally to either a coach or a parent. Head injury advice will accompany them in written form.

If there is a suspected case of concussion whilst at an away fixture, the boy will be assessed by the appropriate staff and on return to Radley will be accompanied to the Health Centre by his coach. Parents will be informed. If a suspected concussion happens in Social or elsewhere, the boy will be taken to the Health Centre for assessment.

## Following Concussion

If concussion is suspected by the pitch side staff, then this will need to be confirmed by the College GPs usually within 24-48 hours. The G.P's opinion at the initial review is the final opinion on whether a concussion is diagnosed. The pupil will complete the pathway below and once they have had 14 days of symptom free recovery or a return to their baseline they will be reviewed by the G.P to undertake a contact assessment. Each concussion case will be treated individually within the constraints and under the recommended guidance depending on the severity of the symptoms displayed by the pupil.

## Concussion Timetable

Timeframe / Day /Date	Event	Acceptable activities
Day 0 Stage 1	Date of injury	Take it easy. Minimal screens
Day 1		
Day 2	See GP	Light activities and school work
Day 3 Stage 2		Increase academic activity and increase light physical activity 10-15 minutes walking
Day 4		
Day 5		
Day 6 Stage 3		10-15 minutes of jogging and start activate programme
Day 7		
Day 8	Nurse review	
Day 9		
Day 10 Stage 4	Pitch side activate and skills session	Continue school work. Non-contact training. Activate programme and weight resistance
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		
Day 16 Stage 5	GP review if SES at baseline	<b><u>No earlier than day 15</u></b>
Day 17	Contact assessment	
Day 18		
Day 19	Return to squad for full training	
Day 20		
Day 21 Stage 6	<b>Match fit no earlier than today</b>	
Day 22		
Day 23		
Day 24		
Day 25		
Day 26		
Day 27		
Day 28		

Please see above your planned recovery programme following your concussion injury. The dates of your review are noted but these may change if you fail to attend reviews or if you are symptomatic at any stage. Please note you cannot resume contact sport unless cleared by the school G.P. Please do let us know if you have any questions or your symptoms change or deteriorate.

Best wishes Health Centre

Name	Year	Social	Coach	SES baseline score SES injury score SES score at day 15
------	------	--------	-------	---

This is a stepwise approach to return to full recovery following a diagnosis of concussion and follows current R.F.U guidance

**Day 0-2 Stage 1** You are to have a period of relative rest. Please minimise your screen time. Alcohol should not be consumed during this phase. Your activities should only mildly increase your symptoms if at all. On day 2 you will have a G.P appointment and they will say whether you can move to stage 2.

**Day 3-5 Stage 2** During this phase you will increase your academic work and light physical activity. You will attend rehab during games sessions for this physical activity (walking on a treadmill for 10-15 minutes) so that we can monitor your symptom evaluation score.

**Day 6-9 Stage 3** Providing your symptoms are improving or not getting worse you can move to **Stage 3** where the intensity of the physical activity increases alongside more intense academic activity. You will undertake more intense activity such as riding a static bike. The duration and intensity can gradually increase as tolerated, if symptoms more than mildly increase or new symptoms develop, stop, and reduce level of activity. On **day 8** you will also have a review with a nurse. Providing your symptom evaluation score is improving you can move to **stage 4** of the program.

**Day 10-15 Stage 4** Continue with academic studies and at this stage you can return to for non-contact training activities. **Touch rugby does not qualify as non-contact training.** Activate training and weight resistance programme can be increase providing you are asymptomatic.

After **14 days of symptom free recovery**, you can be assessed to return to contact training following a contact assessment. You will see a G.P to clear you to move to stage 5. If you continue to be symptom free and are deemed safe to return to sport, you may fully train with your squad before a match no earlier than day 21.

**Day 21** At this stage you maybe match fit but it **will not** be earlier than day 21

If the **14-day** period extends to **day 28** and the person still has symptoms, then they should be referred to a specialist in concussion management.

### **Multiple and repeated concussions**

For people who have 2 or more concussions in a 12-month period or have multiple concussions over their time of playing should be reviewed on an individual basis. This will take into account circumstances of the concussion, their symptoms, and the nature of their recovery periods. It may well be necessary to be reviewed by a specialist in concussion management and possibly have a prolonged period off contact sport.

## Symptom Evaluation

	<u>None</u>	<u>Mild</u>	<u>Moderate</u>			<u>Severe</u>	
Headache	0	1	2	3	4	5	6
Pressure in head	0	1	2	3	4	5	6
Neck pain	0	1	2	3	4	5	6
Nausea or vomiting	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Blurred vision	0	1	2	3	4	5	6
Balance problems	0	1	2	3	4	5	6
Sensitivity to light	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Feeling Slowed down	0	1	2	3	4	5	6
Feeling in a fog	0	1	2	3	4	5	6
Don't feel right	0	1	2	3	4	5	6
Difficulty concentrating	0	1	2	3	4	5	6
Difficulty remembering	0	1	2	3	4	5	6
Fatigue or low energy	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
More emotional	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6
Nervous or anxious	0	1	2	3	4	5	6
Trouble falling asleep	0	1	2	3	4	5	6

**Further Information**

Please see Appendices I, II and III of the Off Games Policy.