



Concussion isn't always this obvious.
Check in on your mates.

Let's make concussion impossible to ignore.

The signs of concussion aren't always as obvious as a physical injury so it can be easy to turn a blind eye. However, concussion is just as important if not more important to recognise and properly recover from.

Anyone involved in rugby – players, coaches, refs, managers, and whānau – have a role to play in making concussion impossible to ignore!

Everyone should know what to look out for and what to do when we suspect a player has sustained a concussion.

We can remember the four R's of concussion:

Recognise

the signs of a concussion.

Remove

yourself or your mate from what you are doing.

Recover

by seeing a doctor and completing a concussion recovery program.

Return

to school, work or sport once you have followed the recovery program and have been cleared by your doctor.

To learn more about the four R's head to: nzrugby.co.nz/concussion