

# BokSmart

WINNERS PLAY SMART



**UNSTEADY ON FEET?**

**FALLING OVER?**

**NAUSEOUS?**

**CONFUSED?**

**HEADACHE?**

**VOMITING?**

**DIZZY?**

**DAZED?**

**UNCONSCIOUS?**

**BLURRED VISION?**

*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.*

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](http://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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# LET'S PLAY SMARTER, SAFER, RUGBY

Learn how to suspect a concussion and follow the correct steps to a full recovery.

## 01: Recognise

You need to be able to recognise the signs and symptoms of a potential concussion in your players. Learn them and know them!

## 02: Remove

When you recognise any signs and symptoms, and suspect a concussion, remove the player immediately

## 03: Refer

Once you have permanently removed the player from the field, refer them to a medical doctor who understands concussions for a thorough clinical assessment

## 04: Rest

Rest the player completely until they are totally sign and symptom free, and off any medication that might modify the symptoms of concussion. Use the minimum stand-down periods for each age-group category, before entering the graduated return to play process

## 05: Recover

Full recovery of signs and symptoms is mandated before entering into the age-appropriate graduated return to play protocol

## 06: Return

To return to play safely following a concussion or suspected concussion, the players must be completely sign and symptom-free, be medically cleared by a doctor to do so, and then must also complete the age appropriate return to play protocol. For the purpose of concussion, full contact practice equals return to play.

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