



CHATHAM & CLARENDON GRAMMAR SCHOOL

Concussion

Chatham & Clarendon Grammar School takes the issue of concussion very seriously. Those involved in rugby: teachers, players, parents, coaches, officials all have an important role in the prevention and management of concussion. The Rugby Football Union (RFU) have produced clear guidance on how to look for signs of concussion and what to do in the event of a student being affected.

Concussions can occur in many situations in the school environment and not just when playing sport; any time that a student's head comes into contact with a hard object such as a wall or door, or another student's body. The greatest risk is probably during activities where collisions can occur such as outside on the fields, during sport and PE or during break time. The nature of rugby means that the potential for suffering concussion can occur in training or in a match.

Students may also get concussion when playing rugby or other activities out of school but come to school with the symptoms and signs. It is important that these situations are recognised, as the concussion could affect their academic performance or behaviour, as well as putting them at risk of more serious consequences if they sustain another concussion before recovery.

To ensure that students, parents and teachers are fully aware of what concussion is and what to do if you suspect your child or student is suffering from concussion, these are the steps that the RFU recommend:

1. Watch the [RFU's Headcase video](#) concerning concussion.
2. If taking part in rugby, could teachers, parents and students please undertake the [online concussion awareness course](#).
3. If your son or daughter has had a suspected concussion outside of school, please inform the School Office immediately.
4. If your son or daughter has had a suspected concussion, please ensure that they do not take part in any physical activity for 14 days after the suspected concussion. Please follow the [Return to Play guidelines](#) set out by the RFU.

Signs of concussion can include the following:

- Dizziness
- Loss of consciousness
- Headaches
- Blurred vision
- Tiredness

There is no specific treatment for concussion and no medication that can be taken to speed up recovery. The main treatment for concussion is rest; it may not be practical to have complete rest for a long period of time but there are some activities that should be avoided to ensure a full recovery:

- Watching TV – limit as guided by symptoms
- Using a computer or playing computer games – limit as guided by symptoms
- Undertaking sport or physical exercise. Walking is fine but seek medical advice if wishing to undertake sport or exercise if symptoms are prolonged
- Reading or writing for long periods. Take breaks during the day.

Thank you for your support and if you have any problems or further queries please contact the Head of PE. At this school we feel passionately that all students have the opportunity to look forward to continuing to play this great game as it enables all to work together and have fun.

Chris Freeman

Health and Safety Co-ordinator

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