



Concussion Protocol Information

Players, Parents and Coaches:

Conestoga Rugby follows USA Rugby concussion protocol guidelines.

USA Rugby has a 18-day period for YOUTH (18 & under) concussion recovery: 14 days of rest + 4 day return-to-play protocol. <https://usa.rugby/concussion>

If a concussion occurs OR is suspected:

1. Player is immediately removed from practice or match and seen by trainer.
 - a. If Coach removes player, Coach notifies parent and Emily Eubanks from the Rugby Board (tyandsarahsmom@gmail.com)
 - b. Parent is required to contact Coach (see below) and Emily from Rugby Board (tyandsarahsmom@gmail.com) if a concussion is not suspected until the player is home, or if the Coach does not know
2. Parent may clear player if there are zero signs of concussion (listed at bottom)
3. If signs of concussion are present, player should not be left alone for a minimum of 24 hours. Player should not mentally or physically strain: no physical activity, no reading, no phone, no computer.
4. Player is evaluated as soon as possible, by either primary care provider or a Concussion Specialist. Please note, should you seek medical care off-hours or over a weekend, not all Urgent Cares have a Concussion Specialist present.
 - a. If professional determines that player is not concussed, the professional is to provide a letter stating that player is not concussed and can return to play.
 - b. If a concussion is diagnosed, or suspected as a possibility by the physician, the **parent or player will report the concussion** to 1) the Coach, 2) the Athletic Department (pechink@tesd.net), and 3) the CHS nurse(meadek@tesd.net).
 - i. The nurse will manage attendance and academic accommodations, as well symptom checks
 - ii. Player must rest for 2 weeks. Rest means NO physical activity and minimal mental strain.
 - iii. At the end of the 14 days, if the player is symptom-free, they may begin a Gradual Return to Play (GRTP) program when the primary care physician or concussion specialist grants a release to activity. A written release is required to be given to the Coach for the player to return to play. A copy of the written release also is required to be given to the CHS nurse.
5. Gradual Return to Play (GRTP) program is as follows:



- a. 1 day of light activity: jogging, core exercises, etc. If completed with no symptoms, then
- b. 1 day of higher intensity activity: sprints, etc. If completed with no symptoms, then
- c. 1 day of non-contact rugby-specific drills: passing, decision making, etc. If completed with no symptoms, then
- d. 1 day of full contact practice. If completed with no symptoms, then the player may participate in matches.

6. 2026 academic year COACH CONTACT INFO:

- a. U19 BOYS Spring 15s: Johnny Sney (johnnyslbm@gmail.com)
- b. U19 GIRLS Spring 15s: Steve Bugh (sbugh50@aol.com)
- c. U14 Spring 15s: Zack Wilder (Zackwilder451@gmail.com)

Concussion signs and symptoms:

- Headache
- Ringing in ears
- Nausea
- Vomiting
- Fatigue and drowsiness
- Blurry vision
- Sensitivity to light or noise
- Confusion or feeling as if in a fog
- Amnesia surrounding the traumatic event
- Dizziness or "seeing stars"
- Temporary loss of consciousness (though this doesn't always occur)
- Slurred speech
- Delayed response to questions
- Dazed appearance
- Forgetfulness, such as repeatedly asking the same question

Additional Resources

Children's Hospital of Philadelphia (CHOP):

www.chop.edu/centers-programs/concussion-program

World Rugby and Player Welfare

www.worldrugby.org/concussion