



SINGAPORE RUGBY UNION

Recognize and Remove for Concussion and Suspected Concussion

All tournaments and games played in Singapore will follow the World Rugby "Recognize and Remove" policy.

Note: Head Injury Assessment (HIA) is ONLY utilised in Tier 1 competitions where multiple-view slow-motion instant replay is available, trained doctors are on-site, and prior written approval has been obtained from World Rugby.

Concussion is a complex condition and must be taken very seriously. A sport-related concussion is a type of traumatic brain injury caused by a sudden impact to the head, neck, or body, sending an impulsive force to the brain that disrupts its normal function. This can happen during sports or exercise, and a player can sustain a concussion **without losing consciousness**.

World Rugby mandates that **ALL** community-level players who have sustained a concussion must undergo a **minimum 21-day** recovery period, of which at least **14 days must be symptom-free**, before returning to play.

The **Recognize and Remove** protocol used by the Singapore Rugby Union, based on World Rugby guidelines, incorporates the **7 Rs**:

1. **Recognize** - Learn the signs and symptoms of a concussion to identify when an athlete may have a suspected concussion.
2. **Remove** - If an athlete has a confirmed or suspected concussion, they must be removed from play immediately.
3. **Refer** - Once removed from play, the player should be assessed by a qualified healthcare professional or referred immediately to one who is trained in evaluating and managing concussions.
4. **Rest** - Players must rest initially by limiting screen time and physical activity until symptom-free, then begin an individualized Return to Sport programme. Relative rest and specific treatment options, available through healthcare professionals with concussion management training, are essential for the health and full recovery of the injured player.
5. **Recover** - Full recovery is required before a return to play is authorized. This includes being symptom-free or not exacerbating symptoms during light exercise (e.g., walking or swimming) until symptom-free and ready for Step 2a of the Return to Sport program.
6. **Rehabilitation** - Rehabilitation involves an individualized, graded Return to Sport programme with increasing exertion and movements. Medical clearance by a qualified healthcare professional trained in concussion management is required before advancing.
7. **Return to Play** - Safe return to play in rugby requires the athlete to be symptom-free and to have completed the Singapore Rugby Union's Return to Sport (RTS) protocol.

For additional information and Return to Sport tracking forms, visit singaporerugby.com/resources-2.



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Recognize and Remove

If a player is identified as having a possible concussion:

- The player will be removed from the field of play immediately.
- The player will be assessed by the Team physio and/or medical team, with the team representative present.
- Players removed from play will **NOT** be allowed to return to the field during the same match.
- The final decision regarding concussion identification rests with match-day Medical Personnel.
- Any player with a concussion or suspected concussion **CANNOT** take further part in the match or tournament.
- Any player with a concussion or suspected concussion **MUST** complete the Singapore Rugby Union's Return to Sport (RTS) Protocol based on World Rugby's Concussion Guidelines.
- Decisions made by on-site Medical Personnel **WILL** be upheld by match officials.
- Teams are expected to comply and cooperate with all decisions made.

IF IN DOUBT, SIT THEM OUT.

For further information on SRU protocols contact

medical@sru.org.sg

Other links:

<https://www.singaporerugby.com/resources-2/>

<https://passport.world.rugby/player-welfare-medical/concussion-management-for-the-general-public/>

