



RUGBY LEAGUE IRELAND

Concussion Information

For Players, Coaches & Clubs (2025)

What is Concussion?

Concussion is a brain injury caused by a blow to the head or body that causes the brain to move inside the skull. It can happen with or without loss of consciousness and symptoms may appear immediately or develop over time.

Common Signs and Symptoms

- Headache or pressure in the head
- Dizziness or balance problems
- Feeling confused, slowed down, or foggy
- Memory problems or difficulty concentrating
- Nausea or vomiting
- Sensitivity to light or noise
- Blurred or double vision
- Mood or behaviour changes
- Fatigue or drowsiness

What To Do If You Suspect Concussion

- Stop playing or training immediately.
- Tell a coach, referee, or team official.
- Do not return to play the same day.
- Seek medical assessment from a qualified healthcare professional.
- Follow medical advice and rest until symptoms resolve.

Why Honesty Matters

Continuing to play while concussed increases the risk of further injury, prolonged recovery, and long-term brain health problems. Being honest about symptoms protects you, your teammates, and the future of the sport.

Returning to Rugby League

After concussion, a player must complete Rugby League Ireland's Graduated Return-to-Play (RTP) Protocol. This involves a step-by-step increase in activity over several days. Written medical clearance is required before returning to full contact training and match play.

RLI Position on Medical Clearance

Rugby League Ireland does not employ or appoint a Medical Officer. All diagnosis and clearance decisions must be made by an appropriately qualified external healthcare professional, such as a registered medical practitioner or physiotherapist.

Further Information

For full details, please refer to the Rugby League Ireland Concussion & Head Injury Policy and Graduated Return-to-Play Protocol, available on the RLI website.