



Neuroshield Foundation

Concussion Safety Guidelines for Contact Sports

1. Training & Awareness

- All dames and teachers overseeing contact sports shall complete the [Headcase concussion awareness e-learning course](#).

2. Return to Sport / Recovery Protocol

- After any head injury, the injured person must rest for 24–48 hours following the injury.
- No full contact practice is permitted for two weeks following the injury.

3. Recording & Monitoring

- Every head injury must be logged. A record is kept to track any trends or recurrence.
- A school-wide system will highlight which students have experienced a concussion. All teachers and coaches who work with that student must be aware and monitor for ongoing or returning symptoms.

4. Practice Limits & Training Adjustments

- Contact training should be limited to 20 minutes per week.
- Tackle height in rugby to be adjusted and ensure proper tackle positioning to minimize risk.