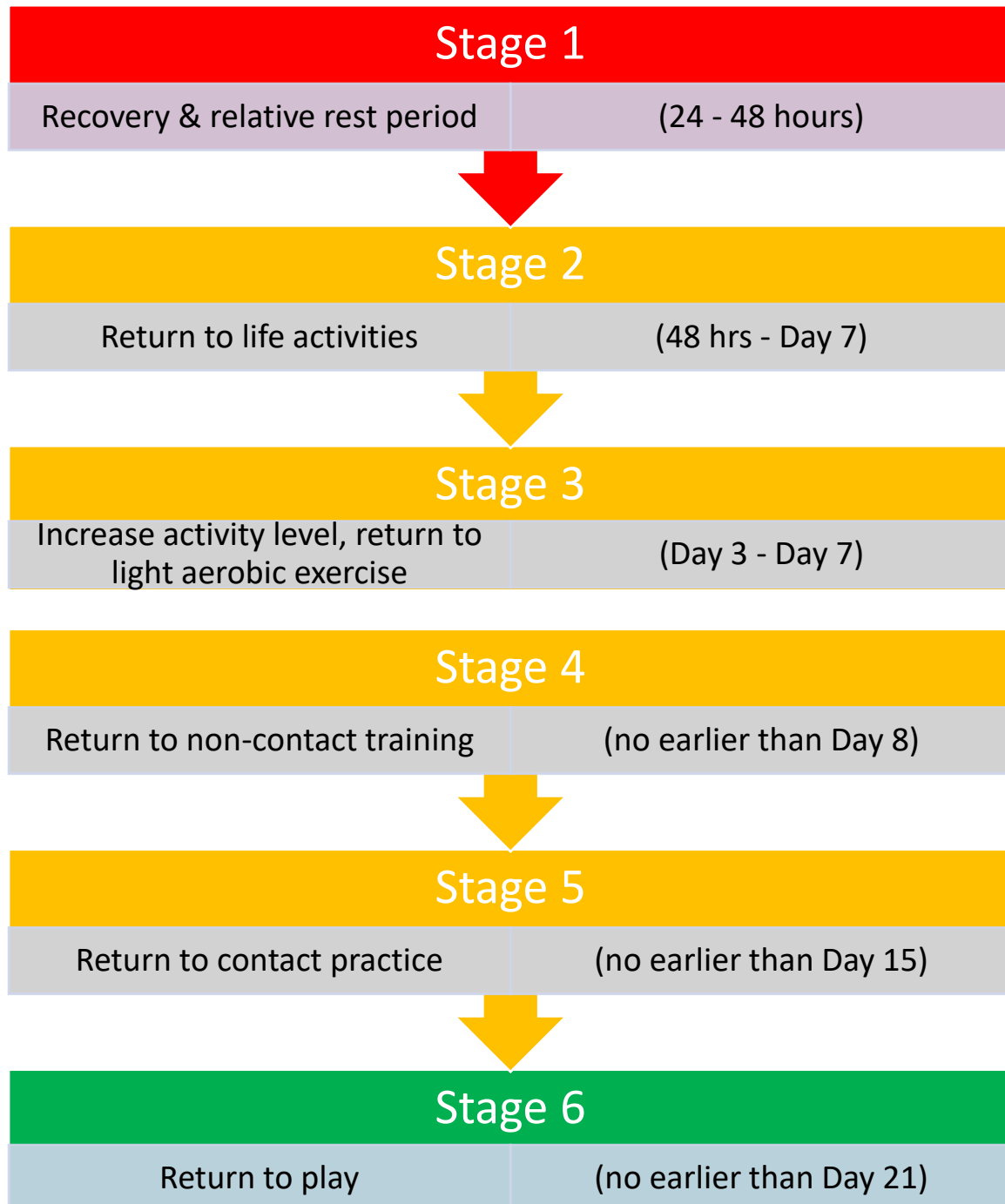


Concussion Graduated Return to Activity and Sport (GRAS) Hampshire RFU



Recognise – Remove – Recover – Return
“If in doubt, sit them out”