14. Injury and Concussion

Immediate response

Any player with a suspected concussion or serious head injury must be removed from play immediately and must not return to play or training that day. Do not leave the player alone. Seek urgent medical help for red-flag symptoms, deterioration or any concern about serious injury; call 999 when appropriate.

Medical assessment

Follow current NHS, ECB and sport-specific concussion guidance. Coaches must not diagnose concussion or overrule medical advice. Parents or guardians must be informed promptly when a child sustains a head injury or suspected concussion.

Return to activity

A player with suspected concussion must follow the current recognised graduated return-to-sport process and obtain appropriate medical clearance where required before returning to contact or risk-of-impact activity. Do not allow a player to return simply because they say they feel better.

Other injuries

Stop activity where continued participation may worsen an injury. Record the incident and any advice provided. Adjust coaching loads and activities in line with the player's needs and appropriate medical advice.