

HEAD ON

CONCUSSION MANAGEMENT PROGRAMME

IN ASSOCIATION WITH

laya healthcare

OFFICIAL HEALTH AND WELLNESS PARTNER OF LEINSTER RUGBY

ENSURING A
SAFE RETURN TO
SCHOOL, WORK
AND PLAY

WHAT IS HEAD ON?

Head On is a **FREE** Concussion Management Programme provided by laya healthcare and supported by Leinster Rugby. As part of this programme baseline concussion tests are available to all Leinster based amateur rugby players, male and female, from 12 years and over.

www.layahealthcare.ie/headon

laya
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LEINSTER

1

THE TEST - HOW AND WHERE?

The baseline test is completed by a player using a laptop and a mouse, away from the rugby pitch, when healthy and not suffering from a concussion.

Also its FREE, provided by laya healthcare.

You simply sit at a laptop and complete a range of easy tasks to test a few fundamentals around memory and reaction times.

There is no physical element to the test.

TAKES JUST
45 MINUTES

2

PURPOSE AND BENEFITS OF THE TEST

This baseline test is designed to give information about a person's cognitive reactions, so that if they should suffer a concussion, the Head On team will have the information they need to assess the severity of the concussion.

This will allow you to return to play safely and help alleviate player or parental concerns during recovery.

3

FOLLOW UP ASSESSMENT

If a player has a suspected concussion within a year of their baseline test, they (or their parents or coach) must contact AMS on 1890 300 333.

AMS will book the affected player in for a follow up assessment with a Head On doctor for a post-injury evaluation and help the player recover safely following their injury.

The cost of the follow-up assessment is included in the programme and covered for FREE by laya healthcare.

To register now visit
www.layahealthcare.ie/headon