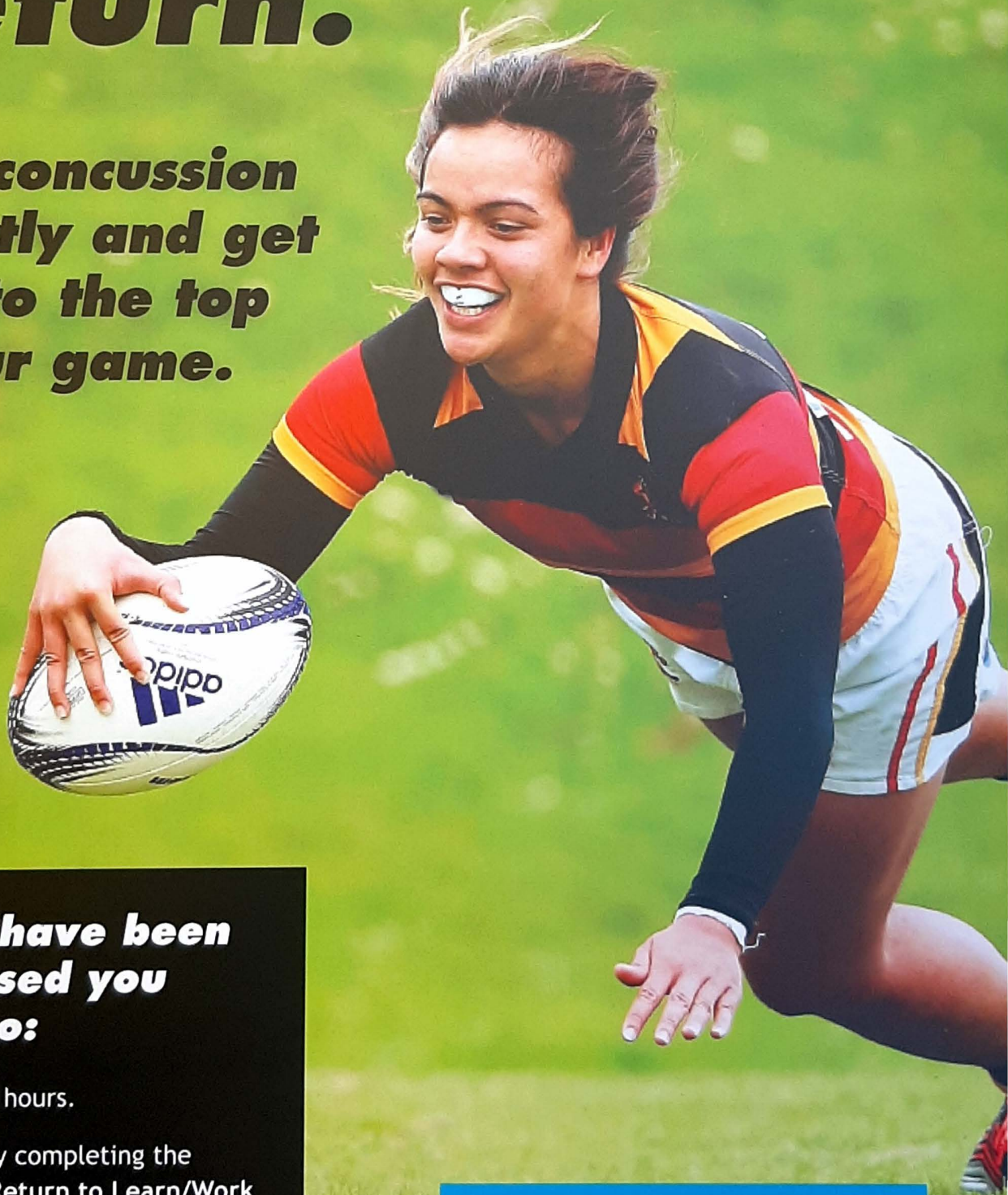


Rest. Recover. Return.

ACC
SportSmart

Rugby Smart

**Treat concussion
correctly and get
back to the top
of your game.**



**If you have been
concussed you
need to:**

Rest for 48 hours.

Recover by completing the
Graduated Return to Learn/Work
and Return to Play protocol

Return to the full demands of
your sport when recovered and
cleared by your medical doctor.

To learn more visit:

**rugbysmart.co.nz or
accsportsmart.co.nz**