

UPDATE ON CONCUSSION IN CONTACT SPORT

LIVE WEBINAR

TUESDAY 17TH NOVEMBER 2020 7PM – 8PM

SPEAKER: ALASTAIR NICOL

EVENT OUTLINE

Concussion is a hot topic in many sports; some have clear guidelines in place like rugby, and some are still considering how best to incorporate them into current protocols, like football. This webinar will explore the challenges of firstly identifying what a concussion may present like, what you look for from the touchline, then how to manage it. For completeness we will cover Graduated Return to Play (GRTP) in principle but not in detail, so prior familiarity with the end-to-end process would be helpful.

LEARNING OUTCOMES

- What a concussion is
- How concussions can present and how to identify them from the touchline
- Immediate management
- Principles of Graduated Return to Play (GRTP)

SPEAKER

Dr Alastair Nicol is a Consultant in Sport and Exercise Medicine and has served in the British Army for 35 years, most recently as the Director of Defence Rehabilitation. He also has extensive experience of being a Team Doctor at multi-sport games, from WUGS to Commonwealth Games to the Olympics, having been CMO at the Preparation Camp for Rio and is one of the Team GB Doctors for Tokyo 2021.

His main sport has always been rugby. After age-group caps for Scotland, a variety of injuries impacted on his playing career, so he took up coaching his boys in the youth set-up, then turned to being a Team Doctor with Scotland 'A' then as a Match Doctor, culminating in his appointment as Match Doctor for the Rugby World Cup Final at Twickenham.

Convenor: Meriel Davis FRCC (Sport)

RCC Sports Faculty members participate free of charge. Contact red.events@rcc-uk.org to register.

RCC members participate at the subsidised rate of £5. Please register and pay online here rcc-uk.org/rcc-events

Non-Members: £25. Please register and pay online here rcc-uk.org/rcc-events

Registration deadline Tuesday 17th November 2020 – 5pm

Registration opens 10th November 2020.