

CONCUSSION

RECOGNISE & REMOVE

Concussion **MUST** be taken extremely seriously.

Any player with a suspected concussion MUST be removed immediately from training/play and not return.

They should be **medically assessed**.

They **MUST** not be left alone and **MUST** not drive a vehicle.

IF YOU OR ANOTHER PLAYER EXPERIENCE ANY OF THE SIGNS AND SYMPTOMS YOU SHOULD:

- 1 STOP** ▶ Training or playing immediately.
- 2 INFORM** ▶ Your team medic, coach, Family member, teammates.
- 3 REHAB** ▶ Rest for 24-48 hours followed by activity that doesn't bring on or worsen symptoms. Complete the graduated return to play protocol (GRTP).
- 4 RETURN** ▶ **PLAYERS CAN RETURN TO PLAY WHEN THEY:**
 - Are symptom free.
 - Have completed the GRTP.
 - Have been medically cleared to return.

SIGNS TO LOOK FOR ON THE FIELD ARE:

(A sign of concussion is something seen by you)

- A player lying motionless on the ground
- A player who is slow to get up, unsteady or falling over
- A player who is grabbing or clutching their head
- A player who has a dazed, blank or vacant look
- A player who is confused or not aware of their surroundings

SYMPTOMS TO LOOK OUT FOR ON OR OFF THE FIELD ARE:

(A symptom of concussion is something the player might complain of to you)

PHYSICAL

(How the player is)

A player may complain of:

- Headache
- Sickness
- Balance problems
- Dizziness

COGNITIVE

(How the player THINKS)

A player may have:

- Memory problems
- Confusion or forgetfulness
- Feel slowed down
- Anxiety or nervousness

EMOTIONAL

(How the player FEELS)

A player may feel:

- Irritable
- Aggressive
- More emotional
- More anxiety or nervousness

SLEEP

(How ALERT the player IS)

A player may be:

- Drowsy
- Sleeping more or less than normal

Symptoms of concussion can come on immediately or **up to 48 hours later**, meaning players might be at school or work when they experience them.