RECOGNISING CONCUSSION

Priority is to RECOGNISE & REMOVE anyone with suspected concussion.

Concussion should be suspected if one or more of the following observable signs, symptoms or errors on memory assessment are present.

1 OBSERVABLE SIGNS OF SUSPECTED CONCUSSION:

Any one of the following observable signs can indicate a possible concussion:

- Loss of consciousness or responsiveness
- Lying motionless on ground / Slow to get up
- Unsteady on feet / Balance problems or falling over / Incoordination
- Grabbing / Clutching of head
- Dazed, blank or vacant look
- Confused / Not aware of plays or events

2 SIGNS AND SYMPTOMS OF SUSPECTED CONCUSSION:

Presence of any one or more of the following signs & symptoms may suggest a concussion:

- Loss of consciousness
- Headache, or "Pressure in head"
- Seizure or convulsion
- Dizziness or balance problems
- Confusion
- Difficulty concentrating or feeling like "in a fog"
- Nausea or vomiting
- Drowsiness, feeling slowed down, fatigue or low energy
- More emotional or sadness
- Blurred vision, or sensitivity to light or noise
- Nervous, anxious or irritable
- Difficulty remembering or amnesia
- Neck Pain
- "Don't feel right"

3 MEMORY ASSESSMENT:

Failure to answer any of these question may also suggest a concussion:

"What venue are we at today?"

"Which half is it now?"

"Who scored last in this game?"

"What team did you play last week/game?"

"Did your team win the last game?"

The above questions are NOT to be used to clear a player to return to play

Any player with suspected concussion should be IMMEDIATELY REMOVED FROM PLAY and NOT RETURN.

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

4 FIRST AID:

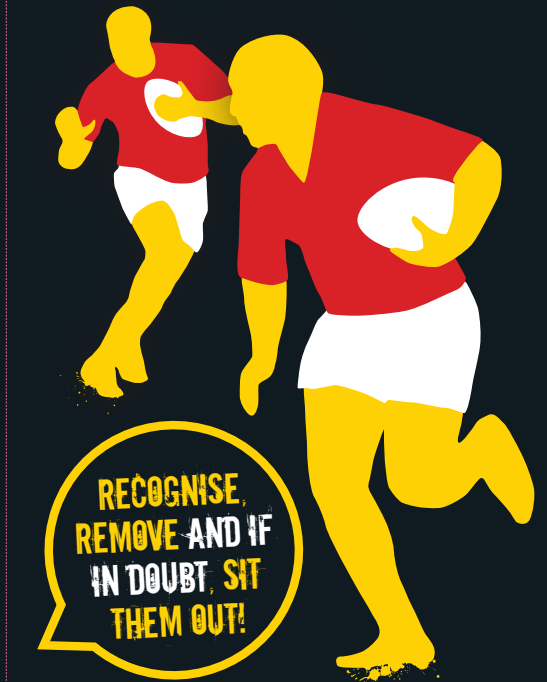
Remember, in all cases, the basic principles of first aid should be followed:

- Safe approach
- Do not move the player until safe to do so
- Apply basic first aid principles first and check airway, breathing, and circulation.
- Assess for spinal injury
- Do not remove headgear if a neck injury is suspected unless trained to do so.
- If any danger signs DIAL 999 AND CALL AN AMBULANCE

RED FLAGS – FOR POTENTIALLY MORE SERIOUS HEAD INJURY

If ANY of the following are reported or develop while under observation, then the player should be safely and immediately removed for assessment by a medical professional. If no qualified medical professional is available, consider calling an ambulance for urgent medical assessment:

- Deteriorating conscious state
- Increasing confusion or irritability
- Severe or increasing headache
- Repeated vomiting
- Unusual behaviour change
- Seizure or convulsion
- Double vision or deafness
- Weakness or tingling/burning in arms or legs



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DON'T BE A HEAD CASE

HEADACHE EMOTIONAL APPEARANCE DROWSINESS

CONFUSION AGITATED SEIZURE EARS AND EYES

STOP! CHECK FOR CONCUSSION