

CONCUSSION TOOLKIT



What Is Concussion?

A concussion is a minor traumatic brain injury that affects life in 4 key areas: physical, mental processing, mood and sleep.



Early Reporting & Recognition

Early reporting and recognition is associated with shorter recovery periods, less severe symptoms and less risk of long-term neurological damage. **If in doubt, sit them out.**

The Dangers of Playing-On

If you sustain a second concussion before you have fully recovered from the first, you are at serious risk of second impact syndrome, which can be fatal.

Don't take the risk.
Recognise and remove.

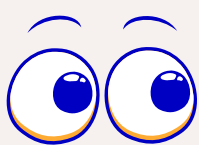
Recognising A Concussion

Red flags require immediate medical attention. if you are displaying signs or symptoms, seek medical advice within the first 24-48 hours.

RED FLAGS: Seek Immediate Medical Attention



- Loss of consciousness
- Seizure or convulsion
- Severe or increasing headache
- Neck pain or tenderness
- Double vision
- Persistent vomiting
- Increasingly restless, agitated or combative state
- Amnesia
- Visible deformity of the skull.



Signs

- Confusion
- Poor balance/ poor coordination
- Slow to get up after a hit
- Lying motionless
- Dazed/vacant look
- Slow to respond to questions
- Confused/not aware of events/situation
- Grabbing head
- More emotional/irritable

Symptoms



- Headaches/ Pressure in head
- Balance problems or dizziness
- Nausea
- Drowsiness/ fatigue
- Blurred vision
- Disorientated/ confusion
- Sensitivity to light or sound
- Poor concentration
- Emotional changes
- Doesn't "feel right"

Remember, signs or symptoms can take between **24-48 hours to appear** so keep monitoring.

**Earliest return to full play = symptom free date
+ 14 days + 7 days**

