

# WHAT YOU SHOULD DO

## 1. RECOGNISE

## 2. REMOVE

## 3. REFER

- ◆ Apply first aid principles: **Danger, Response, Send for help, Airway, Breathing, Circulation.**
- ◆ If the player is **unconscious** don't move them unless you're trained to do so.
- ◆ Do not remove the **player's headgear** (if present) unless you're trained to do so.
- ◆ **Call 111** if you think the player's head or neck injury could be severe.

## RECOGNISE

### THE SIGNS AND SYMPTOMS OF CONCUSSION

#### RED FLAGS:

These require immediate medical attention

- ◆ Neck pain
- ◆ Confusion
- ◆ Repeated vomiting
- ◆ Seizure
- ◆ Weakness, tingling or burning in arms or legs
- ◆ Decreasing or loss of consciousness
- ◆ Bad or worsening headache
- ◆ Unusual behaviour
- ◆ Double vision

#### WHAT YOU SEE:

- ◆ Lying on the ground not moving or slow to get up
- ◆ Loss of balance/co-ordination
- ◆ Disorientation/confusion
- ◆ Visible injury to face or head (especially in combination with any signs)
- ◆ Grabbing/clutching of head
- ◆ Dazed, blank or vacant look

#### WHAT THEY SAY:

If they can't answer these questions, they may have a concussion.

- ◆ Where are we playing or training?
- ◆ Which half/time is it now?
- ◆ Who scored last in this game?
- ◆ What team did you play last week/game?
- ◆ Did your team win the last game?

#### WHAT THEY MAY FEEL:

- ◆ Blurred vision
- ◆ Nausea
- ◆ Dizziness
- ◆ Confusion
- ◆ Difficulty sleeping
- ◆ Headache/pressure in the head
- ◆ Fatigue
- ◆ Sensitivity to light and/or noise
- ◆ More emotional
- ◆ Nervous or anxious
- ◆ Irritable
- ◆ Problems with memory
- ◆ Unable to concentrate

Symptoms may not appear immediately and could occur up to 48 hours after the injury.

## REMOVE

### THE PLAYER FROM PLAY

If a suspected concussion has occurred, they must be **IMMEDIATELY REMOVED** from play or training and **CAN'T RETURN** until they **HAVE SEEN A MEDICAL DOCTOR.**

Players with a suspected concussion should not

- 1. DRIVE**
- 2. BE LEFT ALONE**
- 3. DRINK ALCOHOL OR TAKE DRUGS**

## REFER

Anyone with a suspected head injury needs to be assessed by a medical doctor. Only they can assess and diagnose a concussion

## NEXT

### REST, RECOVER and RETURN

#### REST

for 48 hours

#### RECOVER

by following your doctor's advice and the GRADUATED RETURN TO PLAY

#### RETURN

complete the GRADUATED RETURN TO PLAY and be medically cleared by your doctor

## GRADUATED RETURN TO PLAY

Rehabilitation Stage	Minimum Time	
	U19	U19+
1 <b>Rest / No Activity</b> Avoid physical activity, thinking tasks and screens (TV, phone and laptops)	2 days	2 days
2 <b>Light to moderate exercise</b> Symptom-guided activities such as walking, jogging or stationary cycling.	14 days	14 days
3 <b>Moderate to high exercise</b> Running drills, no impact activities.	2 days	1 day
4 <b>Non-contact training drills</b> Progression to more complex training drills: passing, catching, weight training	2 days	1 day
<b>MEDICAL CLEARANCE FROM DOCTOR</b>		
5 <b>Full contact practice</b> May participate in normal training activities (contact training).	2 days	2 days
6 <b>Return to play</b> Player rehabilitated	1 day	1 day