



## CONCUSSION IS A BRAIN INJURY

Players SHOULD NOT return to play  
until symptom-free  
Risk of re-injury is high; leading to recurrent concussion;  
causing long term damage  
Should symptoms persist SEEK MEDICAL ADVICE

# CONCUSSION

It's Not Always a Knock-Out

A Players  
Pocket Guide



# Concussion Signs and Symptoms

## Signs Observed by Coaching Staff

- Appears Dazed or Stunned
- Is Confused about Position
- Forgets an Instruction
- Unsure of Game Details
- Moves Clumsily
- Answers Questions Slowly
- Loses Consciousness (even briefly)
- Shows Mood/Behaviour/Personality Change
- Forgets Events 'Prior' to Hit or Fall
- Forgets Events 'After' Hit or Fall

## Symptoms Reported by Players

- Headache or Pressure
- Nausea
- Balance or Dizziness
- Double or Blurry Vision
- Sensitivity to Light/Noise
- Feeling Sluggish/Hazy/Groggy
- Concentration/Memory Problems
- Confusion
- Does not 'Feel Right' or 'Feeling Down'

# REST = RECOVERY

**After an initial concussion the individual should subscribe to complete and utter rest**

- No TV/Radio
- No Texting
- No Alcohol
- No Computers
- No Reading
- No Driving
- No Bright Lights
- No Physical Exercise
- No Exertion of any kind

**If a player SLEEPS after a Concussion, wake them every few hours during the night, or while resting, to check their communication**