

STOP! CHECK FOR CONCUSSION

If in doubt – sit them out!

RECOGNISE

1. Observable Signs of SUSPECTED Concussion

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

2. Signs & Symptoms of SUSPECTED Concussion

- Loss of consciousness
- Headache or 'pressure in head'
- Seizure or convulsion
- Dizziness or balance problems
- Confusion
- Difficulty concentrating or feeling '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
- Feeling nervous, anxious or irritable
- Difficulty remembering or amnesia
- Neck pain
- 'Don't feel right'

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REMOVE Any player with ANY signs of concussion must be removed from play IMMEDIATELY and assessed according to the Game Day Process below.

RECOVER Give player time to recover.

RETURN All players must follow a safe return to play protocol:

Game Day Process -- Three-level check:

1. Coach / Captain / Teammate – Recognise and remove.
2. Umpire – Overrule ‘Return’ if need be and refer to First Aider.
3. First Aider – Final say in ‘Remove or Return’ and further assessments.

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