

## CONCUSSION FACT SHEET FOR

# PLAYERS

### CONCUSSION FACTS

- Concussion is a serious brain injury that takes time to recover just like any other injury.
- A concussion can be difficult to diagnose as symptoms may take time to develop.
- Any player with a suspected concussion must be removed from the field of play and undergo stepwise assessments.
- Ignoring concussion can have long term health implications.

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

#### RECOGNISE

If you suspect that you may have the symptoms of concussion, tell a coach, member of the medical team or umpire.

#### REMOVE

Any suspected concussion will need you to leave the field to allow a full assessment and diagnosis.

#### RECOVER

You should be rested from both physical and mental activities, as rest is the only known treatment and an early return may provoke symptoms.

#### RETURN

If you are diagnosed with concussion a graded return should be followed once symptom free.

### DEFINITE CONCUSSION

If you do not have available medical support at your game you will need to seek medical attention/support and most likely will need to attend your nearest A&E or GP immediately.

## CONCUSSION SIGNS AND SYMPTOMS

Concussion symptoms may take time to develop; these symptoms will also differ with each player and each injury.

### COMMON SYMPTOMS AND SIGNS INCLUDE:

- Headache ✓
- Nausea or vomiting ✓
- Dizziness or balance problems ✓
- Confusion ✓
- Blurred or double vision ✓
- Concentration or memory problems ✓
- Just not “feeling right” ✓

During recovery, physical activity or activities requiring high levels of concentration such as studying or playing video games must be gradually reintroduced as these may cause symptoms to reappear or worsen.

### WHY SHOULD I REPORT MY SYMPTOMS?

- Playing or training with concussion symptoms can lead to a prolonged recovery period and a delayed return to play.
- While your brain is still healing you are more likely to experience a repeat concussion or indeed other injuries.