

CONCUSSION FACT SHEET FOR

COACHES

WHAT IS A CONCUSSION?

Concussion is a complex and potentially significant brain injury that must be taken seriously. Even a 'ding' or what seems to be a mild bump to the head can be serious, failure in recognising this can have major immediate and long-term consequences.

WHAT SHOULD YOU DO IF YOU THINK YOUR PLAYER HAS CONCUSSION?

No matter whether the player is playing a key role in the match, a player with a suspected concussion should be immediately removed from the field in order to undergo assessment.

RECOGNISE

If the player has made you aware of any concussion signs or symptoms, or if yourself or another coach has recognised any possible signs further assessment is required.

REMOVE

You should remove the player from the field immediately, at any point of play – stepwise assessment should be undertaken by a trained medical professional.

RECOVER

The brain takes time to recover – you should not expect a player to return unless cleared to do so.

RETURN

A graded return must be followed once symptom free and is a minimum of 6 days.

DEFINITE CONCUSSION

A player with a definite or suspected concussion needs to be seen by a medical professional i.e. A&E or GP immediately and must not go home alone without head injury advice.

CONCUSSION SIGNS AND SYMPTOMS

Adequate care must be taken in the assessment of a suspected concussion as symptoms may take time to present. If a player has experienced a bump or blow to the head, look for any of the following signs and symptoms of concussion:

SYMPTOMS REPORTED BY PLAYER:

- Headache ✓
- Nausea or vomiting ✓
- Dizziness or blurred vision ✓
- Concentration or memory problems ✓
- Just not 'feeling right' ✓

SIGNS OBSERVED BY COACHES:

- Appears dazed or stunned ✓
- Moves clumsily ✓
- Is unsure of match, opponent or result ✓
- Forgets an instruction ✓
- Loses consciousness ✓
- Shows mood, behaviour or personality changes ✓
- Answers questions slowly ✓
- Can't recall events after hit or fall ✓