

## 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 ✓