

CONCUSSION

Recognising Sports Related Concussion



What is Concussion?

Concussion is an injury to the brain caused by trauma. Concussion can impair normal brain function.

If you or your team mates display any of the following signs or symptoms, **STOP** your sporting activity and **INFORM** medical staff immediately.

SIGNS OF CONCUSSION

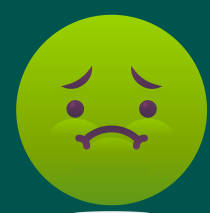
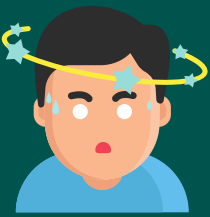
What you might see if a team member sustains a concussion:

- Loss of consciousness
- Confusion/disorientation
- Balance problems
- Memory loss
- Dazed, blank stare

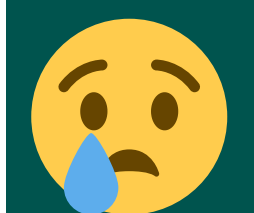


SYMPTOMS OF CONCUSSION

What you might feel if you sustain a concussion. There are many possible symptoms of concussion. Symptoms vary between athletes. These are some of the most common ones:



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| <p>Physical:</p> <ul style="list-style-type: none"> • Headache • Nausea • Blurred vision • Dizziness • Neck pain | <p>Cognitive:</p> <ul style="list-style-type: none"> • Feeling 'in a fog' • Feeling slowed down • Difficulty concentrating or remembering • Don't feel right |
| <p>Emotional:</p> <ul style="list-style-type: none"> • Irritable • Sad • Nervous • Anxious | <p>Fatigue-related:</p> <ul style="list-style-type: none"> • Drowsy • Low energy • Difficulty sleeping • Over-sleeping |



RECOGNISE
REMOVE
REHABILITATE