

CONCUSSION RECOGNISING THE SIGNS.

ACC
SportSmart



REMOVE THE PLAYER FROM PLAY

Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, and should not be returned to activity until they are assessed medically.

- Apply first aid principles: **DRSABC** (Danger, Response, Send for help, Airway, Breathing, Circulation).
- Treat as though they have a **neck injury**.
- **ONLY be moved by a medical professional** trained in spinal immobilisation techniques.
- **Do not remove helmet** (if present) unless trained to do so.
- **Call 111** if there is concern regarding the risk of structural head or neck injury.

REFER THEM TO A MEDICAL DOCTOR FOR ASSESSMENT

Anyone with a suspected head injury needs to see and be assessed by a medical doctor.

Only a qualified medical doctor can assess and diagnose a concussion. This is essential to confirm the diagnosis of concussion and to assess the risk for more serious injury.

It is useful to have a list of local medical doctors, concussion clinics and emergency departments close to where the sport/activity is being played.

WHAT HAPPENS NEXT REST, RECOVER AND RETURN

It is unanimously agreed that no return to sport/activity on the day of concussive injury should occur.

Rest until symptom-free.

Recover by following your medical doctor's advice and gradually becoming more active.

Return to the full demands of your sport when fully recovered & cleared by your medical doctor.

It is important to note that different sports have different rules and return to play guidelines. Before returning it is important to check with your sports code on the rules for your sport.



accsportsmart.co.nz/concussion

Based on the Concussion Recognition Tool™
produced by the 2013 Concussion in Sport Group.

WHAT YOU SHOULD DO

- **Recognise** the signs and symptoms of concussion
- **Remove** the player from play
- **Refer** them to a medical doctor for assessment

RECOGNISE THE SIGNS AND SYMPTOMS OF CONCUSSION

Concussion should be suspected if one or more of the following visible clues, signs, symptoms or errors in memory questions are present.

01 PHYSICAL SIGNS (WHAT YOU SEE)

- Loss of consciousness or non-responsive
- Lying on the ground not moving or slow to get up
- Loss of balance/co-ordination
- Dazed or vacant look
- Disorientation/confusion
- Visible injury to face or head (especially in combination with any other signs)
- Grabbing/clutching of head

02 MEMORY (WHAT THEY SAY)

Failure to answer any of these questions correctly may suggest a concussion.

“What venue are we at today?”

“Which half/quarter is it now?”

“Who scored last in this game?”

“What team did you play last week/game?”

“Did your team win the last game?”

03 CLINICAL SYMPTOMS (WHAT THEY FEEL)

If any of the following symptoms appear, concussion may be present.

- Blurred vision
- Neck pain
- Nausea
- Dizziness
- Confusion
- Sensitivity to light &/ or noise
- Nervous or anxious
- Fatigue
- Headache/pressure in the head
- Drowsiness/trouble sleeping
- More emotional
- Irritability
- Problems with memory
- Reduced ability to think/concentrate
- Difficulty sleeping

04 RED FLAGS (WHAT REQUIRES HOSPITALISATION)

If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment.

- Player complains of neck pain
- Increasing confusion or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling/burning in arms or legs
- Deteriorating conscious state
- Severe or increasing headache
- Double vision
- Unusual behaviour change