

If in doubt, **SIT THEM OUT!**

Concussion Guidance



What is a concussion?

A concussion is a brain injury caused by a blow to the head, neck or face.

Symptoms may start immediately, but in some cases, can be delayed in onset for a few minutes up to hours after the trauma.

Know the signs and symptoms

If these are present, a concussion should be suspected:

- Headache
- Loss of consciousness
- Nausea or vomiting
- Dizziness
- Blurred vision
- Sensitivity to light and noise
- Confusion
- Drowsiness
- Seizure
- Feeling like in a fog
- Balance problems
- Difficulty concentrating



More severe "red flag" symptoms may include:
a worsening headache, seizures, repeated vomiting, increasing confusion, or unusual changes in behaviour.

Immediate management of concussion

If an athlete has a suspected concussion, they should be removed from training/competition and **MUST NOT** resume training/competing on the same day.



If the following have occurred or are present, the athlete should go to A&E:



- Loss of consciousness.
- Repeated vomiting.
- Headache not going away with painkillers.
- Change in behaviour.
- Memory loss.
- Previous brain injury or brain surgery.
- Blood clotting issues.
- Crying more than usual in young children or babies.

If any of the following occur or are present, you must call 999:



- Unconsciousness has persisted.
- Difficulty remaining awake.
- Fits or seizure.
- Vision or hearing problems.
- Black eye without any eye injury.
- Bleeding from ears.
- Clear fluid coming from the ears or nose.
- Numbness or weakness in part of the body.
- Problems walking or with balance.
- Head wound.
- Has hit their head with force.

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In all other instances, the athlete should be given the following advice:



- See a doctor for assessment of the injury.
- Must remain supervised by a responsible adult for 24 hours post injury.
- Use an ice pack to reduce any swelling.
- Rest and avoid any stress.



- Do not consume alcohol until at least 24 hours afterwards and then only if they are free of symptoms.
- Do not drive until medically cleared to do so or have no symptoms.
- Do not use aspirin or anti-inflammatory medication.
- Do not use sleeping tablets.
- Do not train or exercise until given clearance by a doctor or symptoms have resolved.



In all cases of suspected concussion, the athlete should be advised to seek medical assessment even if the symptoms resolve quickly.



Return to training

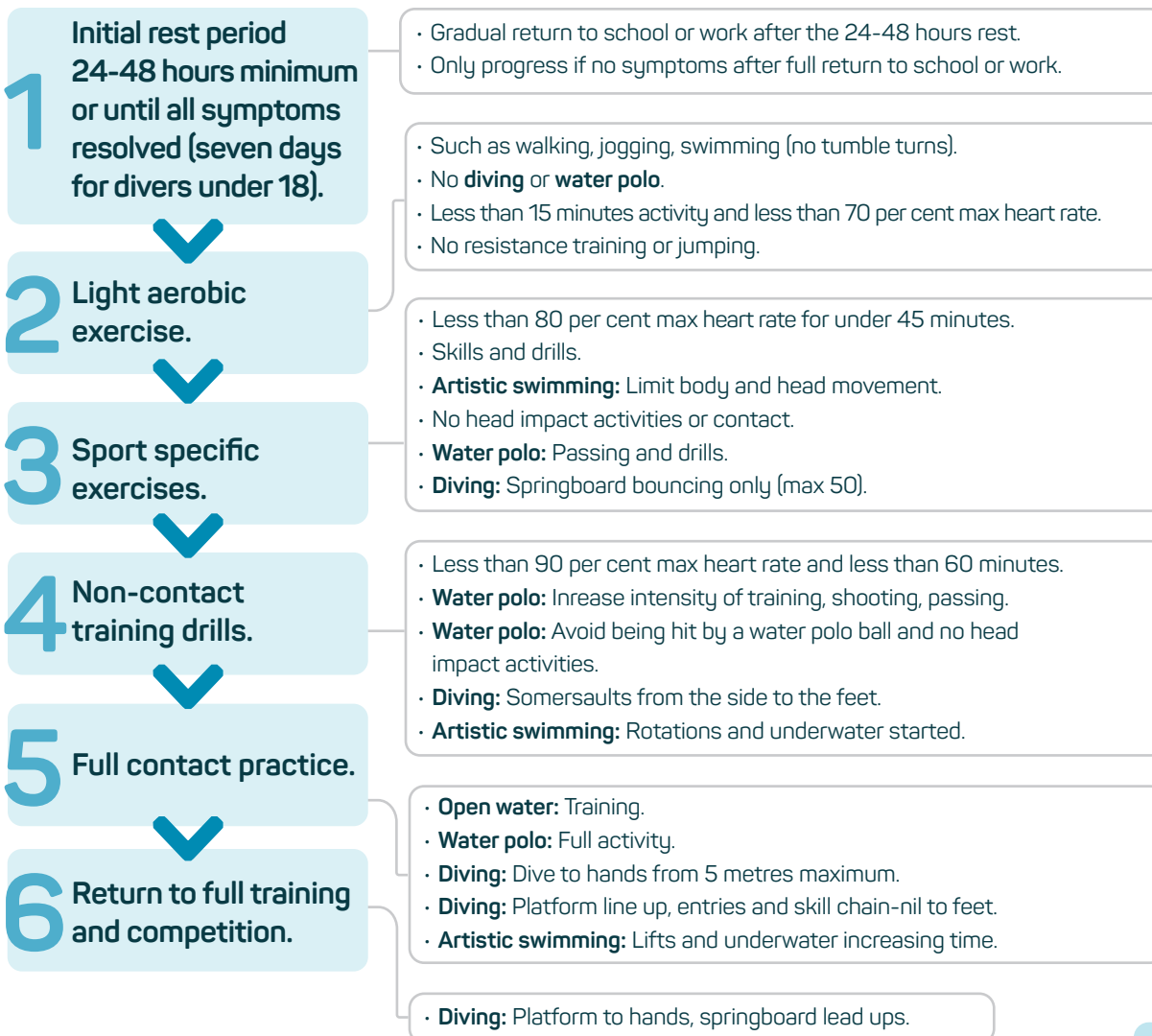
Any suspected concussion should be assessed by an appropriately qualified medical practitioner who should guide return to sport.

After a minimum of 24-48 hours rest, a staged return to normal activities and then sport should be taken place under the guidance of a suitably qualified medical professional.

Each stage should be a minimum of 24 hours' duration and individuals should only progress if they are completely symptom free.

Athletes aged 18 or younger should spend a minimum of 48 hours at each stage and those under 13 should seek guidance from a doctor about how quickly to progress through the stages.

Standard return to training guidelines for mild concussion not requiring hospital treatment should include six basic steps:



If any symptoms recur/occur during the return to training process, the **athlete should be reviewed by a medical professional again and must return to the previous symptom free stage.**

For the full guidance go to bit.ly/SEConcussionGuidance.