

Head Injury

When a concussion occurs, the injured player must be taken to a hospital immediately if he or she:

- ✓ Is nauseous (feels sick)
- ✓ Vomits
- ✓ Develops a headache that could increase in severity
- ✓ Becomes restless / irritable or irrational
- ✓ Becomes confused, dizzy, drowsy disorientated or is hard to wake up
- ✓ Develops visual disturbances e.g. double or blurred vision
- ✓ Has a seizure / convulsion
- ✓ Displays abnormal behaviour

If concerns arise phone 000 for an ambulance

Players Name.....

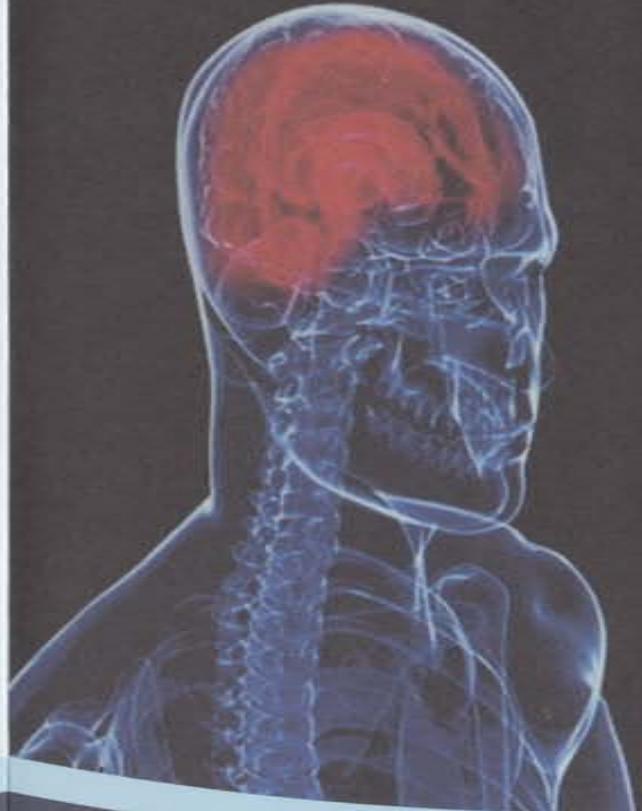
Address.....

DOB.....

Age.....

Club.....

Special Comments:.....



Notification

What is concussion ?

A concussion is an injury to the brain. A blow to the head usually causes it. Most of the time it doesn't involve a loss of consciousness.

What are the signs of a concussion ?

- Headache
- Dizziness
- Confusion
- Ringing Ears
- Nausea
- Vision disturbance
- Loss of balance
- Memory Loss (amnesia)
- Difficulty concentrating

What should I watch out for ?

- Stiff neck
- Severe Headache
- Repeated vomiting
- Confusion
- Difficulty walking, speaking or using your arms
- Numbness/tingling or altered sensations to extremities
- Seizures / Convulsions
- Unusual drowsiness or hard to wake up

**Ask someone to call
the ambulance**

When can I return to playing sport ?

Return to training or playing should be gradual. Rehabilitation after a concussion should be supervised by a medical practitioner and should follow stepwise 'symptom limited' progression.

- Rest until symptom free - includes physical and mental rest.
- Light aerobic activity can be started 24-48 hours after symptoms have ceased.
- Light non-contact training drills.
- Non-contact training drills.
- Full contact training - AFTER MEDICAL CLEARANCE ONLY.
- Return to competition.

Each stage should be a minimum of 24 hours.

**The doctor is the
only person who will
determine when you are
allowed to return to
training or playing**



What are the risks in returning to play too early ?

A player returning too early could suffer from a number of complications such as "cerebral contusion" (a condition where the player's brain could swell) or a cerebral haemorrhage (a bleed of the blood vessels of the brain), both of which MAY BE FATAL.

**Never return to
a sports activity
until you are
cleared by a doctor**

Are there any lasting effects to a concussion ?

Most people get better after a concussion without any permanent damage.

People have signs of concussion for weeks to months. Repeated concussions could cause permanent damage.

After several concussions your doctor may speak to you about alternative options to contact sports.