



Signs and Symptoms

Concussion results in a range of signs and symptoms depending on the area of the brain that is affected. It is important that players, parents, coaches and support staff recognise and report on these signs and symptoms of concussion.

Concussion should be suspected if one of more of these signs or symptoms are observed

Common signs of concussion (what can be observed)

- Holding or clutching the head
- Slow to get up
- Unresponsiveness
- Unsteady on feet /balance problems
- Disorientation
- Slow to respond to questions or instructions
- Slurred speech
- Loss of consciousness (seen in only 10-20% of cases)
- Upper limb muscle rigidity

Common symptoms of concussion (what the player report)

- Headache
- Dizziness
- Nausea/ vomiting
- Blurred vision
- Confusion
- Sensitive to light and/or noise
- Feeling tired or drowsy
- Memory loss
- Reduced ability to think clearly and process information
- Feeling emotional
- Not feeling quite right

Any player with a suspected concussion must be withdrawn from play immediately and require urgent assessment by a



Department of
Sport and Recreation

For more information visit sportconcussion.com.au