



CONCUSSION IN SPORT

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** the signs and symptoms of concussion.

Concussion should be suspected if one or 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Any player with a suspected concussion must be withdrawn from play immediately and require urgent assessment by a medical doctor.



Department of
Sport and Recreation

For more information visit sportconcussion.com.au