Concussion is a disturbance in brain function caused by direct or indirect force to the head. Concussion results in a variety of signs and symptoms (listed below). Most concussions do not involve loss of consciousness.

**Immediate management:**
1. Recognise that the injury may be concussion.
2. Remove the player from the game. Players should not be returned to play on the day of the injury.
3. Refer the player to a medical doctor for assessment.

1. **Recognising the injury**
   Concussion should be suspected if one or more of the following is present.

   **Potential signs** of concussion include:
   - Loss of consciousness
   - Unresponsive or slow to get up
   - Clutching or holding of head
   - Unsteady on feet / balance problems

   Some common **symptoms** of concussion include:
   - Headache
   - Dizziness
   - Nausea/vomiting
   - Loss of memory
   - Blurred vision
   - Confusion
   - Feeling “not quite right” or “like being in a fog”
   - Fatigue
   - Sensitivity to light or noise

2. **Remove the player from the game**
   Players with suspected concussion must:
   - Be closely monitored for deterioration (i.e. not be left alone)
   - Not drive a motor vehicle
   - Not be returned to play until assessed by a medical doctor

3. **Refer the player to a medical doctor for assessment**
   ALL players with a suspected concussion need an immediate medical assessment (with a registered medical doctor).
   If a doctor is not available at the venue, the player should be sent to a local general practice or hospital emergency department.
   a) Local General Practice / Medical Centre
   b) Local Hospital Emergency Department
   c) Ambulance services (dial 000)

**Management of an unconscious player**
- Use basic first aid principles when dealing with any unconscious player (i.e. Airway, Breathing, CPR…). Take care with the player’s neck, which may have also been injured in the incident
- Unconscious players must only be moved (on to the stretcher) by qualified health professionals, trained in spinal immobilisation techniques. Do not move the player without a qualified health professional – wait for the ambulance

A player should be urgently transferred to hospital if they display any of the following:
- Loss of consciousness or seizures
- Increasing confusion or irritability
- Deterioration after the injury (e.g. increased drowsiness, headache or repeated vomiting)
- Neck pain or spinal cord symptoms (player reports numbness, tingling or weakness in arms or legs)

**For more information visit sportconcussion.com.au**