

SPORT-RELATED CONCUSSION MANAGEMENT PATHWAY

Download this fact sheet as supplementary material to your clubs concussion protocols.

Witness or suspect a knock to the head or body.
Stop activity and remove participant from play.

Witnessed

Suspected

First Aid

Assess the person for severe injury. If severe injury follow first aid procedures or call 000.

If none are identified move on to Red Flags.

NO RETURN TO PLAY

RED FLAGS

- Severe or increasing headache
- Loss of consciousness / deteriorating conscious state
- Seizure or convulsion
- Repeated vomiting
- Blurred, double or changes in vision
- Neck pain or tenderness
- Weakness or inability to move body as usual
- Numbness, tingling, or burning sensation in arms or legs
- Continual bleeding or clear fluid from ear or nose
- Increased confusion, agitation or restlessness

YES

Call an ambulance or seek immediate medical assistance. Follow your club's concussion protocol. Continue to watch for signs and symptoms while waiting.

No

Assess person for signs and symptoms using the below checklists.

Symptoms can take days to weeks to develop

Signs

- No protective action while falling
- Lying motionless
- Slow to get up
- Stumbling
- Balance problems or poor coordination
- Individuals may:**
- Grab or hold head
- Look dazed /vacant
- Appear confused/drowsy
- Have slurred or incoherent speech
- Repeat questions

Symptoms

- Headache or pressure in head
- Dizziness
- Changes in vision (e.g. seeing stars, blurred or double vision)
- Confusion
- Memory loss
- Increased irritability, frustration
- Feeling tired or drowsy
- Not feeling right

Delayed Symptoms

- Persistent headaches
- Difficulty remembering or concentrating
- Sensitivity to light or noise
- Feelings of sadness or anxiety
- Changes in sleep patterns
- Fatigue or tiring easily

Follow medical advice and refer to the Connectivity Sport-Related Concussion Fact Sheet.



**IF IN DOUBT
SIT IT OUT!**

If **YES**, or symptoms develop within 48 hours, seek medical assistance and check your sports concussion policy.

If **NO**, and symptoms do not develop resume normal activities of daily living.

CONCUSSION DIAGNOSED

Ensure Return to Learn and Work protocols have taken place before Return to Sport. Medical clearance recommended for return to play.

Some people will experience concussion symptoms for longer than expected. Follow the QR code for our fact sheet on Persistent Post-Concussion Symptoms

