

KNOW WHAT TO DO AND WATCH OUT FOR EACH OTHER

If you have hit your head or you think someone else might have suffered a concussion:

- **Stop playing** or whatever you are doing.
- **Report it** to a teacher, parent, coach, referee or umpire immediately.
- **Be honest** about how you're feeling or what you've seen.

If someone has been knocked out or seems to be getting worse, someone must phone an ambulance to get them help quickly.

See the **Pocket Concussion Recognition Tool™** for more guidance.

Remember that your health and your life are more important than any sport or game:

- If you hit your head before a match, you must **let your sports coach know**.
- If you are playing or training and hit your head, **don't return to the game** until a doctor has assessed you.
- If you are told to stay away from sport or training for a period of time, make sure you **follow the instructions**.



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Pocket CONCUSSION RECOGNITION TOOL™

To help identify concussion in children, youth and adults



FIFA®



F.I.F.A.

RECOGNISE & REMOVE

Concussion should be suspected **if one or more** of the following visible clues, signs, symptoms or errors in memory questions are present.

1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

Loss of consciousness or responsiveness
Lying motionless on ground/Slow to get up
Unsteady on feet / Balance problems or falling over/Incoordination
Grabbing/Clutching of head
Dazed, blank or vacant look
Confused/Not aware of plays or events

2. Signs and symptoms of suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:

- Loss of consciousness
- Seizure or convulsion
- Balance problems
- Nausea or vomiting
- Drowsiness
- More emotional
- Irritability
- Sadness
- Fatigue or low energy
- Nervous or anxious
- "Don't feel right"
- Difficulty remembering
- Headache
- Dizziness
- Confusion
- Feeling slowed down
- "Pressure in head"
- Blurred vision
- Sensitivity to light
- Amnesia
- Feeling like "in a fog"
- Neck pain
- Sensitivity to noise
- Difficulty concentrating

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