

Concussion increases risk of degenerative brain diseases like:
ALZHEIMER'S * PARKINSON'S DISEASE * CHRONIC TRAUMATIC ENCEPHALOPATHY



WHAT IS CONCUSSION?

A concussion is a type of traumatic brain injury. You can't see a concussion, and signs and symptoms can show up right after the injury or may not appear or be noticed until days or weeks after the injury. What seems to be a mild bump or knock to the head can be serious.



RECOGNISE & REMOVE

If a player displays concussion signs and/or symptoms after

COMMON SYMPTOMS

Include **headache**, **dizziness** or balance problems, **feeling dazed**, **feeling like in a "fog"** or slowed down, having trouble concentrating or remembering or not feeling "quite right".

COMMON SIGNS

Include loss of responsiveness, lying motionless on the ground, unsteady on feet, blank look on the face, confused or difficulty remembering or the player is just not themselves.



REFER

An assessment using the Concussion Recognition Tool (CRT6) or equivalent tool should be used. If proven the player should be immediately referred to a medical doctor for further assessment (at venue, local GP or hospital emergency department).



REVIEW

The medical doctor will review the player to confirm the diagnosis and decide on the best plan for management in the days after injury (including time off from driving, work or school).



RETURN

The minimum time to return to play is 21 days. The player must have a medical clearance to return to contact sport.



NO GAME IS WORTH YOUR LIFE



Download the **HeadCheck** app for help recognising concussion on game day.

