



Concussion signs and symptoms

On Field Assessment

- Orientation 1. At what venue are we today?
Memory
Concentration 2. Which half is it now?
3. Who scored last in this match?
4. What did you play last week?
5. Did your team win the last game?

- For Children age 5 to 12 at school
1. Where are we now?
 2. Is it before or after lunch?
 3. What did you have last class?
 4. What is your teacher's name

Signs and symptoms

Symptoms a Player may report

- Nausea
- Dizziness
- Headache
- Fogginess
- Blurry Vision
- Light or noise sensitivity

As a parent/coach/player some potential signs to observe player if they take a hit

- Loses consciousness
- Confused or disorientated
- Off Balance
- Appeared dazed
- Vomiting
- Answers questions slowly
- Memory problems
- Personality changes

Red Flags that may require a doctor/hospital visit

- Slurred Speech
- Loss of consciousness more than 30 secs
- Seizures
- Weakness, numbness or tingling in arms/legs
- Headaches that are 10/10 and worsening
- Cant recognise people or places that are familiar
- Suspected Cervical/Neck injury

If a player has any of the above signs and a concussion is suspected they should be removed from play immediately and not return to field of play. Player should only return to play when cleared by a medical professional.