



# 5Rs OF CONCUSSION

Concussion refers to a disturbance in brain function caused by a direct or indirect force to the head. Usually the changes are temporary and the majority of players recover completely if managed correctly.

## Recognise

Look for signs and symptoms of suspected concussion such as:

- loss of consciousness
- holding of head
- balance problems
- dazed look
- dizziness
- blurred vision
- headache
- nausea
- difficulty remembering
- confusion
- don't feel right
- fatigue.

## Removal

Any athlete with a suspected concussion should be **IMMEDIATELY REMOVED FROM PLAY** and is not to return to play or train on the day of the injury.

**If in doubt, sit them out!**

## Referral

Any athlete with a suspected concussion should be medically assessed (by a registered medical doctor) as soon as possible after the injury.

## Rest

Physical and cognitive rest (i.e. no television, video games, computer) is important to allow the brain to recover.

## Return

Players should not return to playing/training until a written medical clearance has been received from a medical doctor.

Nearest Medical Centre: \_\_\_\_\_

Nearest Hospital Emergency Department: \_\_\_\_\_

**Medical Emergency: Call 000**

