



COACH AND MANAGER INFORMATION SHEET

WHAT IS CONCUSSION?

CONCUSSION OCCURS AFTER A BLOW TO THE HEAD. IT AFFECTS THE BRAIN, AND CAUSES THINGS LIKE:

THINKING PROBLEMS:

- DOES NOT KNOW THE DATE, PLACE, TIME IN MATCH, SCORE.
- DOES NOT PLAY WELL, MAKES STUPID MISTAKES.
- CANNOT KEEP CONCENTRATION.
- SLOW TO ANSWER QUESTIONS.

COMPLAINTS AFTER CONCUSSION:

- HEADACHE
- NAUSEA
- DIZZINESS
- BEING OFF BALANCE
- FEELING SLOWED DOWN
- RINGING IN EARS
- TROUBLE WITH VISION
- BAD SLEEPING

YOU MAY NOTICE ANY OF THESE BEHAVIOR CHANGES:

- INAPPROPRIATE ANGER
- BEING MORE EMOTIONAL THAN USUAL
- BEHAVING STRANGELY
- SLOW MOTION
- SLOW REACTION
- DROWSINESS

ABOUT 10% OF PLAYERS WHO SUSTAIN CONCUSSION ARE KNOCKED UNCONSCIOUS. OTHER SEVERE SIGNS INCLUDE EPILEPTIC FITS, NECK PAIN, VOMITING, DOUBLE VISION, WEAKNESS OF A LIMB

WHY IS IT IMPORTANT TO RECOGNIZE CONCUSSION?

- A CONCUSSED PLAYER IS UNLIKELY TO PLAY WELL.
- HE MAY BE SLOW TO REACT, AND TAKE WRONG DECISIONS,
- A CONCUSSED PLAYER HAS A 50% HIGHER CHANCE THAN OTHER PLAYERS OF GETTING ANOTHER INJURY, AND
- REMOVING A CONCUSSED PLAYER FROM THE FIELD AND DOING THE RIGHT TREATMENT WILL ENSURE EARLIEST POSSIBLE RETURN TO PLAY.
- THERE CAN BE SEVERE COMPLICATIONS IF A PLAYER CONTINUES TO PLAY WITH CONCUSSION, SUCH AS LONGER TERM BRAIN DAMAGE.

WHY IS IT SOMETIMES DIFFICULT TO RECOGNIZE CONCUSSION?

- CONCUSSION DOES NOT ALWAYS HAVE VISIBLE SIGNS
- PLAYERS ATTEMPT TO HIDE CONCUSSION
- A PERSON WITHOUT KNOWLEDGE OF CONCUSSION WILL BE UNABLE TO RECOGNIZE IT

HOW LONG DOES IT TAKE TO RECOVER FROM CONCUSSION?

- IT USUALLY TAKES BETWEEN 7-10 DAYS FOR FULL RECOVERY AND RETURN TO SPORT, BUT IT CAN BE LONGER IN THE CASE OF COMPLICATIONS.

WHAT IS THE TREATMENT FOR CONCUSSION?

- REMOVE IMMEDIATELY FROM FIELD OF PLAY OR TRAINING.
- IMMEDIATE ASSESSMENT BY A DOCTOR.
- IF A DOCTOR IS NOT AVAILABLE AT FIELD SIDE, THE PLAYER MUST BE TRANSPORTED TO A CLUB DOCTOR OR EMERGENCY DEPARTMENT.
- NO TRAINING UNTIL CLEARED. • PHYSIOTHERAPY AND PSYCHOLOGICAL TREATMENT.
- GRADED RETURN TO PLAY PROTOCOL.
- PLAYERS CAN USUALLY RETURN TO PLAY AFTER 10-7 DAYS.
- IT IS NOT POSSIBLE TO PLAY WITHIN 7 DAYS.

CAN RETURN TO PLAY BE MADE QUICKER IF A KEY PLAYER IS CONCUSSED?

- NO. ATTEMPTS TO RETURN TO PLAY BEFORE COMPLETE RECOVERY HAS A HIGH RISK OF MEDICAL COMPLICATIONS WITH LONG RECOVERY TIME, AND POOR PERFORMANCE.

WHERE CAN YOU OBTAIN MORE INFORMATION ON CONCUSSION?

- THE ASPETAR CONCUSSION WEBSITE HAS MORE INFORMATION AND LINKS TO OTHER REPUTABLE RESOURCES.

