



HIGH PERFORMANCE
SPORT NEW ZEALAND

CONCUSSION

RECOGNISE AND REMOVE

A concussed person might...

THINK

I'm concussed
I'm not concussed
I might be concussed
Things look weird
What is the score?
I have a headache
My head is sore
I'm fine
Where am I?

SAY

I'm fine, I can carry on
I'm good to go
I'm not concussed
Who are you?
I might throw up
I only saw stars for a few seconds
What is the score?
My vision is a bit funny
My head hurts
Why is that so loud?
Which half are we in?

ACT

Grab, touch or rub head
Appear a bit aimless
Take longer to get going again
Over react to light or sound
Look "out of it"
Play out of position
Display emotions or reactions
out of character or context
Not remember set calls,
rules or plays
Look off balance



IF IN DOUBT, SIT OUT



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WHO SHOULD SPEAK UP?

- Coach
- Team mates
- Athlete
- Friends/Whānau
- Medical Staff
- Management
- Officials
- Spectators
- Support Team

CONCUSSION

- All concussions should be taken seriously
- Concussion can impact on performance, health and wellness
- Recognising concussion is everyone's responsibility
- Early Recognise and Remove improves outcomes

CONTACT A DOCTOR IMMEDIATELY

- Changes in behaviour
- Blood or clear fluid coming out of the ear
- Throwing up (children x 1, adults >1)
- Getting increasingly grumpy or irritated
- Severe neck pain
- Seeing double
- Becoming drowsy/sleepy or confused
- Passing out
- Pins and needles, burning feeling or weakness in arms or legs
- Fit or seizure
- Headache worsening



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