

Pocket Concussion Recognition Tool

To help identify concussion in children, youth and adults



Recognise & Remove

Concussion should be suspected **if one or more** of the following visible clues, signs, symptoms, or errors in memory questions are present.

1. Visible clues of suspected concussion

Any one of the following visual clues can indicate a possible concussion:

- Loss of consciousness or responsiveness
- Lying motionless on ground/Slow to get up
- Unsteady on feet / Balance problems or falling over / incoordination
- Grabbing / Clutching of head
- Dazed, blank or vacant look
- Confused/Not aware of plays or events

2. Signs and symptoms of suspected concussion

• Presence of any one or more of the following signs & symptoms may suggest a concussion:

- | | | |
|-------------------------|------------------------|----------------------------|
| - Loss of consciousness | - Headache | - "don't feel right" |
| - Seizure or convulsion | - Dizziness | - Feeling like "in a fog" |
| - Balance problems | - Confusion | - Neck pain |
| - Nausea or vomiting | - Feeling slowed down | - Nervous or anxious |
| - Drowsiness | - "Pressure in head" | - Sensitivity to noise |
| - More emotional | - Blurred vision | - Difficulty remembering |
| - Irritability | - Sensitivity to light | - Difficulty concentrating |
| - Sadness | - Amnesia | - Fatigue or low energy |

3. Memory function

Failure to answer any of these questions correctly may suggest a concussion

'What venue are we at today?'

'Which half is it now?'

'Who scored last in this game?'

'What team did you play last week/game'

'Did you team win the last game?'

Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

RED FLAGS

If ANY of the following are reported, then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- | | | |
|--|---------------------------------|-----------------|
| - Athlete complains of neck pain | - Seizure or convulsion | - Double Vision |
| - Increasing confusion or irritability | - Repeated vomiting | |
| - Severe or increasing headache | - Unusual behaviour change | |
| - Weakness/tingling/burning in arms/legs | - Deteriorating conscious state | |

Remember:

- **In all cases the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed**
- **Do not attempt to move the player (other than required for airway support) unless trained to do so.**
- **Do not remove helmet (if present) unless trained to do so**