

CONCUSSION

It's Not Always a Knock-Out

A Coach's Pocket Guide



ACQUIRED
BRAIN INJURY
IRELAND

On-Field Treatment Test

If you suspect a player has been concussed;
remove from play and ask the following:

Orientation

Ask the player the following questions:

- What pitch/arena is this?
- What half/quarter are we in?
- What city/town is this?
- What team are we playing?
- What day is it?

Memory 'After' the hit

Ask the player to repeat the following words:

Girl, Dog, Green

Memory 'Before' the hit

Ask the player the following questions:

- Do you remember the hit?
- What happened in this half before the hit?
- What was the score of the game before the hit?

Concentration

Ask the player to do the following:

Repeat the days of the week backwards (starting with today)

Repeat these numbers backwards:

63 (36 is correct) 419 (914 is correct)

Word List Memory

Ask the athlete to repeat the three words from earlier:

Girl, Dog, Green

Concussion Signs and Symptoms

Signs Observed by Coaching Staff

- Appears Dazed or Stunned
- Is Confused about Position
- Forgets an Instruction
- Unsure of Game Details
- Moves Clumsily
- Answers Questions Slowly
- Loses Consciousness (even briefly)
- Shows Mood/Behaviour/Personality Change
- Forgets Events 'Prior' to Hit or Fall
- Forgets Events 'After' Hit or Fall

Symptoms Reported by Players

- Headache or Pressure
- Nausea
- Balance or Dizziness
- Double or Blurry Vision
- Sensitivity to Light/Noise
- Feeling Sluggish/Hazy/Groggy
- Concentration/Memory Problems
- Confusion
- Does not 'Feel Right' or 'Feeling Down'

REST = RECOVERY

After an initial concussion the individual should subscribe to complete and utter rest

- No TV/Radio
- No Texting
- No Alcohol
- No Computers
- No Reading
- No Driving
- No Bright Lights
- No Physical Exercise
- No Exertion of any kind

If a player SLEEPS after a Concussion, wake them every few hours during the night, or while resting, to check their communication

CONCUSSION IS A BRAIN INJURY

Players SHOULD NOT return to play until symptom-free

Risk of re-injury is high; leading to recurrent concussion; causing long term damage

Should symptoms persist SEEK MEDICAL ADVICE

Follow us on   or visit

www.concussion.ie
www.abiireland.ie



ACQUIRED
BRAIN INJURY
IRELAND