

IF IN DOUBT SIT THEM OUT

All concussions should be treated
as potentially serious

How to Recognise a Concussion

- Dazed Look
- Unsteady
- Confused
- Headache
- Irritability
- Drowsiness
- Dizziness
- Convulsive
- Nausea
- Seizure
- Unresponsive
- Clutching Head

Most concussions happen without
a loss of consciousness

CONCUSSION
INFORMATION



IMMEDIATE ACTION

ANYONE SUSPECTED OF A CONCUSSION
SHOULD BE REMOVED FROM PLAY
IMMEDIATELY AND SAFELY

IF A NECK INJURY IS SUSPECTED THEY
SHOULD ONLY BE REMOVED BY A MEDICAL
PROFESSIONAL

IN ALL CASES OF SUSPECTED CONCUSSION
SEEK MEDICAL ADVICE EARLY VIA YOUR GP
OR NHS24 111

SEEK URGENT MEDICAL CARE IF THE
FOLLOWING SYMPTOMS ARE PRESENT

- Severe Neck Pain
- Deteriorating Consciousness
- Increasing Confusion
- Severe Headache
- Vomiting
- Seizure
- Double Vision
- Tingling in arms/legs

Thanks to Team Durham for assisting with the development of this information

RETURN TO PLAY

Return to play needs to be graduated and each step should take at least 1 day. If you develop symptoms again you should go back a step.

1. Rest for 2 weeks or until no symptoms are present, whichever is longer
2. Light Exercise - e.g. walking, exercise bike
3. Sport Specific Training - eg. running
4. Non-Contact Training Drills
5. Full Contact Training
6. Games

**All suspected and confirmed concussions
must be reported to England Lacrosse Head
Office**

