

## HEAD INJURY FACT SHEET

### PLAYER INFORMATION

The signs and symptoms of concussion may occur immediately or may develop over minutes, hours or days. It is possible that people feel better soon after a head injury, but that does not mean they have not suffered a concussion. The changes in your brain may develop over some time and may persist for days and weeks, even after a relatively minor hit. Some of the signs of concussion include (but are not limited to);

- Suspected or definite loss of consciousness
- Disorientation
- Incoherent speech
- Confusion
- Memory loss
- Dazed or vacant stare
- Headache
- Dizziness
- Difficulty concentrating
- Sensitivity to light
- Ringing in the ears
- Fatigue
- Vomiting
- Blurred vision
- Loss of balance

KNA takes concussion very seriously and if there is any doubt, has instructed all participants to err on the side of caution. Therefore, the message for all players is

### IF IN DOUBT SIT IT OUT

### WHAT TO DO

You must now follow the KNA Concussion Management Guidelines. Having been recognised as having a potential concussion, you should next make an appointment to see a medical doctor in the next 1-2 days. This may be a GP who may refer you to a Specialist Sports and Exercise Physician.

**It may not be a physiotherapist, chiropractor, osteopath, trainer, masseur, nurse or pharmacist.**

This medical doctor will assess you and guide your progress over the next steps in the process. Whilst waiting to see the medical doctor, you should take things quietly and be in the care of a responsible adult at all times.

**Note: The player should relatively rest both physically and mentally for a minimum of 24 hours after injury. The required time of rest varies from player to player, so a medical doctor will specify the minimum time of rest for each individual player.**

### WHAT NOT TO DO

- Be left alone
- Drink alcohol
- Drive a car
- Handle heavy machinery
- Swim alone
- Watch TV or play computer games if they irritate your symptoms
- Take anti-inflammatory medications or any pain killer stronger than Panadol unless instructed by your doctor

## RED FLAGS

The signs and symptoms of concussion can sometimes be the same as more severe head injuries. If the following signs and symptoms occur, they may be a sign that there is something more serious happening. These are called RED FLAGS and if they occur you should immediately attend the nearest Accident and Emergency Centre, or ring 000 for an ambulance.

- Deteriorating conscious state (i.e. becoming drowsier)
- Increasing confusion or irritability
- Behaving unusually or a change in their normal behaviour
- Fit, seizure or convulsions
- Double vision - Slurred speech
- Continuing unsteadiness on their feet
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Vomiting
- Severe or unusual neck pain

KNA Concussion Procedure provides information on the process and the obligations on all participants, it is important that you read this document and understand your obligations.

**NOTE:** A player must provide a concussion clearance certificate from a GP to their Coach prior to returning to full-contact training and/or match play.