

## CONCUSSION FACT SHEET FOR

# PARENTS

### WHAT IS A CONCUSSION?

Concussion is a complex and potentially significant brain injury that must be taken seriously. Even a 'ding' or what seems to be a mild bump to the head can be serious, failure in recognising this can have major immediate and long-term consequences.

### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS CONCUSSION?

#### RECOGNISE

If your child appears to be presenting any of the signs of concussion, it is very important that they are assessed and diagnosed by a medical professional.

#### REMOVE

If your child has a suspected concussion they will be removed from the field of play in order for assessment to be undertaken, they will be unable to return unless they have been cleared medically.

#### RECOVER

When diagnosed with concussion a child must be rested from both physical activities and brain activities such as reading and playing video games until symptom free.

#### RETURN

An appropriate graded return to play should be followed. The ECB concussion guidelines can be used to help direct the levels of exercise. This will include reduced school studies before a return to physical activity. The ECB recommends this to be 23 days before return to play.

### DEFINITE CONCUSSION

All concussions must be checked by a medical professional i.e. at A&E or GP immediately.

## CONCUSSION SIGNS AND SYMPTOMS

If your child has experienced a bump or blow to the head, look for any of the following signs and symptoms of concussion:

### SYMPTOMS REPORTED BY PLAYER:

- Headache ✓
- Nausea or vomiting ✓
- Dizziness or blurred vision ✓
- Concentration or memory problems ✓
- Just not 'feeling right' ✓

### SIGNS OBSERVED BY PARENTS/GUARDIANS:

- Appears dazed or stunned ✓
- Moves clumsily ✓
- Is unsure of match, opponent or result ✓
- Loses consciousness ✓
- Shows mood, behaviour or personality changes ✓

Adequate care must be taken in the observation and assessment of concussion symptoms as these may take time to present.