

Date:

Time of Injury:

Today _____ received a suspected concussion.

Any athlete suspected of having a concussion should be removed from play, and then seek medical evaluation.

Signs to watch for

Problems may develop over the first 24 – 48 hours. The athlete should not be left alone and must go to a hospital at once if they:

- Have a headache that gets worse
- Increased confusion or deteriorating – becomes less responsive / drowsy
- Have repeated vomiting
- Behave unusually or seem confused; are very irritable
- Have seizures (arms and legs jerk uncontrollably)
- Have weak or numb arms or legs
- Are unsteady on their feet; have slurred speech
- Changes in vision
- Increase in any symptoms
- Or if you have any concerns

Remember, it is better to be safe and see your doctor if you have any concerns. For further information visit: [Concussion in Australian Sport | Concussion in Australian Sport \(concussioninsport.gov.au\)](http://Concussion in Australian Sport | Concussion in Australian Sport (concussioninsport.gov.au))

Consult your doctor after a suspected concussion.

1. Have someone check on you at regular intervals over the next 12 hours to check if any of the symptoms listed above have developed or worsen – need to be with a responsible adult
2. Do not drive until medically cleared
3. For the next 48 hours:
 - Symptom limited / relative rest to ensure recovery 24 – 48hours, such as - reduced screen time, reading, anything which requires concentration
 - Gradually become more active, normal daily activities: if symptoms worsen, reduce activity
 - No alcohol
 - Consult your medical professional for advice on prescription and non-prescription medication.
 - Specifically:
 - No sleeping tablets
 - Do not use aspirin, anti-inflammatory medication or sedating pain killers
 - Medical review is required with recommended graded return to activity and medical clearance prior to returning to contact training or gameplay.

Sports Trainer: _____

Level 1

Level 2

Signature: _____