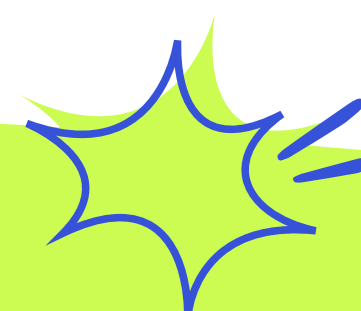


01 RECOGNISE



SEEN A HEAD KNOCK OR IMPACT?

- If you see a head knock or any other impact to the body that's sent force to the head, you need to check for signs and symptoms of suspected concussion.



ARE THERE ANY RED FLAGS?

- neck pain or tenderness
- double vision
- weakness or tingling/burning in the arms or legs
- intense headache or one that's getting worse
- seizures
- blacking out
- becoming less alert or aware
- repeated vomiting
- getting more restless
- being irritable or aggressive



**Urgent transfer to hospital is required.
This could be a more serious head injury.**

ANY OTHER SIGNS OR SYMPTOMS?



You can use the [Headcheck app](#) or the [Concussion Recognition Tool](#) (CRT 6) to help identify a suspected concussion. If the player has no signs or symptoms and it was only a minor impact, they can play on – but keep an eye on them. For bigger impacts that have you worried about the player – take them off the ground, even if they don't have signs or symptoms.

Signs

- confusion or disorientation
- looking blank or vacant
- not behaving like usual self
- struggling with balance or coordination.

Symptoms

- headache
- nausea
- dizziness
- blurred vision
- feeling irritable or 'not quite right'.

02 REMOVE



TAKE THEM OFF THE GROUND

If a player has any signs or symptoms, take them off the ground. If they have no signs or symptoms, they can play on but keep monitoring them for signs/symptoms.

REMEMBER: IF IN DOUBT, SIT THEM OUT.

Keep an eye on the player – symptoms can show up right away, over the next hours, or days later.

03 REFER



SEE A DOCTOR

If a player has any signs or symptoms straight away or any time after the head knock or impact, they'll need to see a doctor.



YOUR NEXT STEPS

1. Fill out the [Match Day Head Injury Assessment and Referral Form](#)
2. Get the [At Home Guide](#)