



STOP & CHECK FOR CONCUSSION!

SYMPTOMS OF A CONCUSSION

The most common symptoms of a concussion are:

- Headache
- Dizziness
- Nausea
- Loss of balance
- Confusion
- Feeling stunned or dazed
- Disturbances with vision
- Difficulties with memory

FOLLOW THESE FIVE S's

Symptoms

Understand what symptoms to look for in order to help recognise a concussion.

Sit

If suspected of a concussion immediately take player out of the game and sit on the bench.

See

Ensure player is seen by a health professional before any further activity is undertaken.

Stop

If advised by your health professional, stop all sport and rest.

Safe

For a safe return follow the 'return to play' guidelines which are on the EIHA website:

www.eiha.co.uk



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SILVERBACK