Coach card

Concussion: what to do at the pitchside

theconcussionhub.com

"If in doubt, sit them out."

Just one of these signs? Call emergency services.

- Neck pain or tenderness
- Seizure or convulsion
- Loss of vision or double vision
- Loss of consciousness
- Increasing confusion, or becoming drowsy or less responsive
- Repeated vomiting
- Severe headache, or a headache that keeps getting worse
- Weakness, numbness or tingling in more than one arm or leg
- Increasingly restless, agitated or aggressive
- Visible deformity of the skull

Based on the CRT6 (Concussion in Sport Group, 2023).

1 Recognise

A knock to the head, face or neck. Or a blow to the body that jolts the head.

- Down or slow to get up
- Holding their head
- Blank or confused look
- Disoriented
- Losing their balance
- Slow to react

2 Act within 30 seconds

Stop
Stop play.

Remove
The player leaves the pitch.

Stay
Never leave them alone.

Note
The exact time of the knock.

3 Assess

Any wrong answer or hesitation is a reason to suspect a concussion.

1. **What day is it today?**
2. **Where are we right now?**
3. **Who scored last in this match?**
4. **Which team did you play last week?**
5. **Did your team win its last match?**
6. **Which half (or period) are we in?**
7. **How do you feel? Does your head hurt?**

Watch at the same time

- Balance
- Eyes
- Speech

4 Decide

No return to play the same day. Ever.

One symptom or one doubt is enough, even if the player "feels fine".

- **Tell the parents**
- **Recommend seeing a doctor**
- **At least 24 to 48 hours of relative rest**

All the steps at theconcussionhub.com
Based on the CRT6 and the Amsterdam 2022 consensus.
For information only. It does not replace medical advice.

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