Parent checklist

What to do after your child has had a knock to the head

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).

In the first minutes

- [ ] Take your child out of the game straight away
- [ ] Check that they are conscious and answering normally
- [ ] Do not leave them alone
- [ ] Do not remove a helmet or other equipment
- [ ] Note the time of the knock

In the first 24 to 48 hours

- [ ] Have your child seen by a doctor
- [ ] Stay with them for at least 3 hours
- [ ] Quiet rest at home, no school on the first day
- [ ] Less screen time for 48 hours
- [ ] No exertion (a gentle walk is fine)
- [ ] No medication without advice from a doctor or pharmacist
- [ ] Let them sleep
- [ ] Keep an eye on how the symptoms change

Symptoms to watch for

- Headache
- Dizziness
- Nausea
- Unusual tiredness
- Blurred vision
- Trouble concentrating
- Irritability
- Disturbed sleep

Gradual return, guided by symptoms

- [ ] 1. Relative rest at home, 24 to 48 hours
- [ ] 2. Schoolwork at home, little by little
- [ ] 3. Part-time school
- [ ] 4. Full-time school, before unrestricted sport
- [ ] 5. Sport step by step: at least 24 hours each, a doctor's go-ahead before contact

If symptoms get worse: slow down, and try again the next day.

Better one check too many than a missed concussion.

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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Version 2, November 2026