

CONCUSSION IN SPORT

IMMEDIATE RESPONSE

If in doubt, sit them out

RECOGNISE

Common Signs + Symptoms

Dazed or confused
Slow to get up
Can't follow instructions
Headache or dizziness
Nausea
Feeling or acting off

REMOVE

From Play Immediately

Stop activity right away, No
Return, No exception

REFER

See a doctor or medical centre
for diagnosis or clearance.

Red Flags

Seek urgent medical help

Severe/worsening headache
Knocked out >1min
Repeated vomiting
Slurred speech
Seizures or fainting

Second hit = Serious risk

A second knock before
full recovery can
cause brain swelling,
permanent damage or
death.

CONCUSSION GP CHECKLIST

- Explain what happened
- Describe what you are feeling and experiencing
- Ensure the Doctor lodges an ACC claim
- Ask about a referral to a FREE concussion service
- Ask for printed recovery advice

CONCUSSION IN SPORT

RECOVERY ADVICE

A gradual return to sport

REST



DAYS 1-2

No games, drills or training. Focus on rest, recovery, and everyday activities.

LIGHT AEROBIC ACTIVITY



WALK → JOG → RUN

AFTER DAY 2

Aerobic exercise helps with recovery. Gradually increase intensity and duration

NON CONTACT TRAINING



FROM DAY 14

Return to full training sessions (no contact) with medical clearance

FULL CONTACT



AT LEAST DAY 21

Follow the guidelines for your sport. Medical clearance recommended



DID YOU KNOW

Screen time isn't rest. Using your brain scrolling or gaming is like running a marathon on a sprained ankle. It can make recovery slower and harder.

BE A GOOD TEAMMATE

Remember: you don't need to be knocked out to be concussed.

If in doubt, check it out

Early treatment
= better recovery
and a faster return.

Let's make
concussion
everyone's
responsibility



Headway