

CONCUSSION



NOT ALWAYS A KNOCK-OUT!

ACTION PLAN

Recognise *the signs and symptoms*

Report *if suspicious, don't hide it*

Rehab *with rest and medical guidance*

Return *after following Return To Play Protocol and getting medical clearance*

SYMPTOMS

- Headache
- Confusion
- Nausea
- Dizziness
- Double/Blurry Vision
- Sensitivity to Light
- Feeling Hazy or Groggy
- Just not 'feeling right'
- Memory Problems
- Pressure in Head

For the Return to Play Protocol and further information on Concussion see learning.gaa.ie/Concussion

IF IN DOUBT, SIT THEM OUT!!!