



# CONCUSSION IN GAELIC GAMES CLUB GUIDANCE

**Concussion is a brain injury which results in a disturbance of brain function and can be caused by DIRECT or INDIRECT contact with a player's head or body. It needs to be taken seriously to protect the long and short-term health of players.**

## COMMON SIGNS/SYMPTOMS

- Headache.
- Dizziness.
- Memory Disturbance.
- Balance Problems.
- Fatigue.
- Vomiting.
- Slurred Speech.
- Feeling “in a fog”.
- Just not feeling “right”.
- Sensitivity to light or noise.
- Vacant Facial Expression.
- Clutching head.

Loss of consciousness occurs in less than 10% of cases

## TIMELINES

Symptoms can present at anytime, but typically become evident in the first 48 hours following injury.

## REPEAT CONCUSSIONS

Players with a history of two or more concussions within the past year are at greater risk of further brain injury and slower recovery.

## KEY MESSAGE

**RECOGNISE** the signs/symptoms of concussion and **REMOVE** a player displaying any of those signs/symptoms from the game/training session immediately.

**RECOGNISE AND REMOVE!**

More Resources:

[learning.gaa.ie/concussion](https://learning.gaa.ie/concussion)