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!!!