

CONCUSSION

Concussion

“It’s ok to say you’re not ok

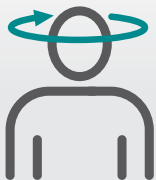
... if in doubt... sit them out”

If any of these signs or symptoms are observed or reported following an impact to the head, face, neck or body, remove the player from the activity immediately if safe to do so.

They should not return to activity until assessed by a medical practitioner.



**Headache
or neck pain**



**Balance
problems**



**Vomiting
or nausea**



**Sensitivity
to sound**



**Light
sensitivity**



**Behavioural
changes**



Need to report a concussion?

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