
Symptoms of concussion

- Headache
- Dizziness
- Confusion
- Visual problems
- Nausea or vomiting
- Fatigue
- Drowsiness
- Pressure in head
- Sensitivity to light or noise

Questions to ask

- Where are we now?
 - What time of day is it?
 - How did you get here today?
 - Where were you on this day last week?
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IF IN DOUBT, SIT THEM OUT.

This card is a summary of the Scottish Sports Concussion Guidance report.

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How to recognise a concussion

If any of the following signs are suspected, the player should be immediately removed from play:

- Dazed look
- Motionless
- Unsteady
- Unresponsive
- Confused
- Seizure
- Clutching head
- Heightened irritability or emotion

**IF IN DOUBT,
SIT THEM OUT.**

Immediate management

Anyone with a suspected concussion should be immediately removed from play in a safe manner

They must not return to activity that day

If a neck injury is suspected, they should only be removed by a healthcare professional

In all cases of suspected concussion we recommend referral to a healthcare professional

Before returning to play read the Scottish Sports Concussion Guidance

If any of the below suspected please ensure they are urgently taken to hospital:

- Severe neck pain
 - Deteriorating consciousness
 - Increasing confusion or irritability
 - Severe or increasing headache
 - Repeated vomiting
 - Unusual behaviour change
 - Seizure
 - Double vision
 - Weakness or tingling / burning in arms or legs
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