

WWFC POCKET CONCUSSION RECOGNITION TOOL

To help identify concussion in children, youths and adults.

RECOGNIZE & REMOVE

Concussion should be suspected **if one or more** of the following visible clues, signs, symptoms or errors in memory questions are present.

1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

- Loss of consciousness or responsiveness
- Lying motionless on ground / Slow to get up
- Unsteady on feet / Balance problems or falling over / Incoordination
- Grabbing / Clutching of head
- Dazed, blank or vacant look
- Confused / Not aware of plays or events

2. Signs and symptoms of suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:

- Loss of consciousness - Headache
- Seizure or convulsion - Dizziness
- Balance problems - Confusion
- Nausea or vomiting - Feeling slowed down
- Drowsiness - "Pressure in head"
- More emotional - Blurred vision
- Irritability - Sensitivity to light
- Sadness - Amnesia
- Fatigue or low energy - Feeling like "in a fog"
- Nervous or anxious - Neck Pain
- "Don't feel right" - Sensitivity to noise
- Difficulty remembering - Difficulty concentrating

3. Memory function

Failure to answer any of these questions correctly may suggest a concussion.

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week / game?"
- "Did your team win the last game?"

Any athlete with a suspected concussion should be **IMMEDIATELY REMOVED FROM PLAY**, and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle. It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

RED FLAGS

If ANY of the following are reported, then the player should be safely and immediately removed from the field:-

- * Neck pain. * Deteriorating conscious state.
- * Increasing confusion or irritability.
- * Severe or increasing headache.
- * Repeated vomiting. * Unusual behaviour change.
- * Seizure or convulsion. * Double vision.
- * Weakness or tingling / burning in arms or legs.

If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment.

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the player (other than required for airway support) unless trained to so do.

THE F.A. HEAD INJURY CARD

NAME:-

ADDRESS:-

TEL:-

TIME OF INJURY:-

EMERGENCY TELEPHONE NUMBERS:-

Ambulance:- 999 or 111

Hospitals:-

Milton Keynes General:- 01908 660033

Luton & Dunstable:- 01582 491166

Bedford South Wing:- 01234 355122

IMPORTANT WARNING:-

He/she should be taken to hospital or a doctor immediately if the following occurs:-

- Vomiting.
- Headache develops or increases.
- Becomes restless or irritable.
- Becomes dizzy, drowsy or cannot be roused.
- Has a 'fit' (convulsion).
- Anything else unusual occurs.

FOR THE REST OF TODAY, HE/SHE SHOULD:-

- Rest quietly.
- Not consume alcohol.
- Not drive a vehicle.

I have given a completed Head Injury Card to a parent/guardian/relative/carer

Title: (Doctor/Physio/First-Aider/Manager/Coach) delete as appropriate

Name: (BLOCK LETTERS)

Date:- / /