



# CONCUSSION MANAGEMENT

## Australian Cricket Community Concussion and Head Impact Guidelines

It is important to Recognise and Remove Cricket Participants with suspected concussion after a head impact.

Any Cricket Participant who develops the symptoms or red flags outlined below should be immediately removed from play and training and referred to a qualified medical practitioner for assessment before being allowed to return.

### RECOGNISE: SIGNS AND SYMPTOMS AFTER A HEAD IMPACT

#### Are symptoms of concussion present?

- Pale
- Nausea
- Difficulty concentrating
- Headache or 'pressure in the head'
- Fatigue
- Feeling slowed or 'not right'
- Sensitivity to light/noise
- Dazed, blank/vacant stare
- Confusion, disorientation
- Behaviour or emotional changes, not themselves
- Memory impairment
- Balance problems

#### RED FLAG SYMPTOMS:

- Neck pain or tenderness
- Seizure, 'fits', or convulsion
- Loss of vision or double vision
- Loss of consciousness
- Confusion or deteriorating conscious state
- Drowsy
- Weakness or numbness/tingling in the arms or legs
- Repeated vomiting
- Severe or increasing headache
- Increasingly restless, agitated or combative
- Visible deformity of the skull

**CONCUSSION SUSPECTED  
REMOVE FROM PLAY OR TRAINING**

**REMOVE FROM PLAY OR TRAINING  
CALL FOR AMBULANCE  
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#### REFER to a medical professional.

*Any individual with a suspected concussion should be medically assessed (by a registered medical doctor) as soon as possible after the injury.*

#### Where an individual has a suspected concussion, they should NOT:

- Be left alone initially (at least 3 hours).
  - Be sent home by themselves.
  - Drink alcohol.
- Drive a vehicle until cleared to do so by a healthcare professional.

**If in doubt, sit them out**