



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