

CONCUSSION. RECOGNISE THE SIGNS

RECOGNISE. REMOVE. REFER.

Recognise the signs and symptoms of concussion.

Remove the player from play.

Refer them to a medical doctor for assessment.

WHAT NEXT

Rest until symptom-free.

Recover by following your medical doctor's advice and gradually becoming more active.

Return to the full demands of your sport when fully recovered & cleared by your medical doctor.

A successful recovery from a concussion starts with recognising the signs. You cannot always see symptoms, so if someone has a knock to the head or is subject to a big hit, removing them from play and referring them to a medical doctor can keep them from serious injury.

Find out more at accsportsmart.co.nz/concussion