



What to do after a suspected concussion.

1. Remove the player from the field of play; if loss of consciousness, confusion, dizziness or neck pain are present, remove as for a neck injury i.e. stretcher off with neck collar and head blocks.
2. Player must be assessed at the fieldside, preferably in a quiet room using the fieldside SCAT2 form.
3. Player must be monitored for at least 1 hour and not left alone for this period.
4. If the symptoms improve he may be referred home with a responsible adult and the 48 hour advice sheet; advise to see a doctor before exercising again.
5. If symptoms do not improve or “red flag” signs are present, immediately transport to nearest ER to be assessed by a doctor; a CT scan may be performed to exclude a bleed; note - a normal CT does not exclude concussion.
6. Player may either be admitted or discharged.
7. Contact the Sports Concussion Clinic in the following days to be reassessed and tested; note that the Sports Concussion protocols are designed for return-to-sport not necessarily emergency management; note that it is usually not necessary to repeat the computerised brain function test within the first few days after the injury.
8. Player will be guided back to play once the following are in place:
 - Symptoms have cleared
 - General & neurological examination is normal
 - Computerised test has normalised
 - A non-contact exercise programme has been initiated.

If at any stage you are in doubt as to what to do, phone the Sports Concussion Centre at 011-8839000 or 011-4428233 during office hours or the Boksmart SpineLine at 0800-678678 at any time.

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