



Step-by-Step Guide

1. Education

- understand what concussion is
- know how to recognize it
- alert to the dangers of playing too soon after injury.

2. Baseline testing - undergo computerized brain function testing preseason

If a concussion is suspected:

3. Immediate medical evaluation - seek immediate attention from a doctor

This may be:

- your team doctor
- the stadium doctor
- the doctor in casualty or the emergency room
- your general practitioner

If unsure, contact: 084-BRAIN24

4. Contact your nearest Sports Concussion Centre for

- a complete clinical evaluation by a sports physician, neurologist or neurosurgeon in the following few days; this should include
- a thorough analysis of your symptoms
- a neurological examination
- a clinical assessment of cognitive function (thinking patterns);
- this assessment will often be repeated before returning to sport.

5. Follow-up computer test - undergo repeat computerized brain function testing

6. Return-to-play – follow the step-by-step exercise testing and sports specific task guidelines recommended by the Sports Concussion Centre.