Step 3: Symptoms

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More irritable
- Sadness
- Nervous or anxious
- Neck pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

Step 4: Memory Assessment

(Athletes Older Than 12 Years)

Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"
- "What did you do yesterday?"
- "What did you do this morning?"
- "What was the score?"
- "What is the score?"
- "What is the game score?"

Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

References


Role of helmets & mouthguards in Australian Football

Helmets

There is no definitive scientific evidence that helmets prevent concussion or other brain injuries in Australian Football. Helmets may have a role in the protection of players on return to play following specific injuries (e.g. face or skull fractures).

Overall, however there is insufficient scientific evidence to make a recommendation for the use of helmets for the prevention of concussion in Australian Football.

Mouthguards

Mouthguards have a definite role in preventing injuries to the teeth and face and for this reason they are strongly recommended at all levels of football. Mouthguards should be worn for all games and training sessions.

Dentally-fitted laminated mouthguards offer the best protection. ‘Boil and bite’ type mouthguards are not recommended for any level of play as they can dislodge during play and block the airway.

There is some preliminary scientific evidence that mouthguards may prevent concussion or other brain injuries in Australian Football.

The Management of Concussion in Australian Football 15