

Concussion on Court | Top Tips To Keep Your Head In The Game!



Recognise

- Unconscious
- Balance issues
- Severe headache
- Fatigue
- Irritable or emotional
- Vomiting
- Dizziness
- Feeling 'foggy'



Rest

- Physical and mental rest for 24 hours
- Avoid screen time!
- Introduce gentle exercise (e.g. walking)
- Keep an eye on symptoms



Remove

If concussion is suspected, remove the player from the training or game immediately, to a safe and quiet place.

"IF IN DOUBT, SIT THEM OUT"



Recover

- Work with your Doctor to begin a Graduated Return to Netball Protocol.
- Ensure at least 24 symptom-free hours between each stage.



Refer

- Refer all suspected concussions to a Doctor as soon as possible.
- Work with your Doctor to develop a management plan



Return

- Be cleared by a Doctor to play
- Be able to complete the NetballSmart Dynamic Warm Up
- Get back on Court!