



# COACH AND MANAGER INFORMATION SHEET

## What is concussion?

Concussion occurs after a blow to the head. It affects the brain, and causes things like:

### Thinking problems:

- Does not know the date, place, time in match, score.
- Does not play well, makes stupid mistakes.
- Cannot keep concentration.
- Slow to answer questions.

### Complaints after concussion:

- Headache
- Nausea
- Dizziness
- Being off balance
- Feeling slowed down
- Ringing in ears
- Trouble with vision
- Bad sleeping

### You may notice any of these behavior changes:

- Inappropriate anger
- Being more emotional than usual
- Behaving strangely
- Slow motion
- Slow reaction
- Drowsiness

*About 10% of players who sustain concussion are knocked unconscious. Other severe signs include epileptic fits, neck pain, vomiting, double vision, weakness of a limb.*

## Why is it important to recognize concussion?

- A concussed player is unlikely to play well.
- He may be slow to react, and take wrong decisions,
- A concussed player has a 50% higher chance than other players of getting another injury, and
- Removing a concussed player from the field and doing the right treatment will ensure earliest possible return to play.
- There can be severe complications if a player continues to play with concussion, such as longer term brain damage.

## Why is it sometimes difficult to recognize concussion?

- Concussion does not always have visible signs
- Players attempt to hide concussion
- A person without knowledge of concussion will be unable to recognize it.

## How long does it take to recover from concussion?

It usually takes between 7-10 days for full recovery and return to sport, but it can be longer in the case of complications.

## What is the treatment for concussion?

- Remove immediately from field of play or training.
- Immediate assessment by a doctor.
- If a doctor is not available at field side, the player must be transported to a club doctor or emergency department.
- No training until cleared.
- Physiotherapy and psychological treatment.
- Graded return to play protocol.
- Players can usually return to play after 10-7 days.
- It is not possible to play within 7 days.

## Can return to play be made quicker if a key player is concussed?

No. Attempts to return to play before complete recovery has a high risk of medical complications with long recovery time, and poor performance.

## Where can you obtain more information on concussion?

The ASPETAR Concussion website has more information and links to other reputable resources.

<http://www.aspetar.com/about-ascp.aspx?lang=en>