



# HEADS UP on CONCUSSION

Concussion is not a visible injury, so it may not be obvious.  
It can appear immediately or may be noticed hours or even days later.

It may not always result in loss of consciousness.  
It must always be managed by a medical doctor.

## Play it Safe

**USE** an ICC  
approved helmet

**REPLACE** your  
helmet after impact

**Be HONEST** about  
your symptoms

**TRUST** the  
medical experts

### RECOGNISE the signs

Disorientation  
Vacant stare  
Incoherent speech  
Seizure  
Imbalance  
Unusual behavior  
Loss of consciousness

### REPORT the symptoms

Headache  
Dizziness  
Light / sound sensitivity  
Blurred vision  
Nausea  
Fatigue  
Memory loss

### RECOVER COMPLETELY

Every player is unique  
Each concussion is different  
Recovery time may vary  
Follow your doctor's advice

## KEEP CONCUSSION OFF THE PITCH

Playing with a concussion increases the risk of a repeated concussion which could have long term effects.  
A player with a diagnosed concussion must be cleared by a medical doctor before return to play.

