

---

## **Symptoms of concussion**

- Headache
- Dizziness
- Confusion
- Visual problems
- Nausea or vomiting
- Fatigue
- Drowsiness
- Pressure in head
- Sensitivity to light or noise

---

## **Questions to ask**

- Where are we now?
  - What time of day is it?
  - How did you get here today?
  - Where were you on this day last week?
- 

---

# **IF IN DOUBT, SIT THEM OUT.**

This card is a summary of the Scottish Sports Concussion Guidance report.

To view the full document visit:  
[sportscotland.org.uk/concussion](https://sportscotland.org.uk/concussion)

---

---

# **IF IN DOUBT, SIT THEM OUT.**

---

---

## How to recognise a concussion

If any of the following signs are suspected, the player should be immediately removed from play:

- Dazed look
- Motionless
- Unsteady
- Unresponsive
- Confused
- Seizure
- Clutching head
- Heightened irritability or emotion

**IF IN DOUBT,  
SIT THEM OUT.**

---

---

## Immediate management

Anyone with a suspected concussion should be immediately removed from play in a safe manner

They must not return to activity that day

If a neck injury is suspected, they should only be removed by a healthcare professional

In all cases of suspected concussion we recommend you seek medical advice early via your GP or NHS24 111

Return to sport, once symptom free, should be graduated. Please refer to Scottish Sports Concussion Guidance for more information

If any of the below suspected please ensure they are urgently taken to hospital:

- Severe neck pain
  - Deteriorating consciousness
  - Increasing confusion or irritability
  - Severe or increasing headache
  - Repeated vomiting
  - Unusual behaviour change
  - Seizure
  - Double vision
  - Weakness or tingling / burning in arms or legs
-