

HEAD INJURY FACT SHEET V1

PLAYER INFORMATION

The signs and symptoms of concussion may occur immediately or may develop over minutes, hours or days. It is possible that people feel better soon after a head injury, but that does not mean they have not suffered a concussion. The changes in your brain may develop over time and may persist for days and weeks, even after a relatively minor hit.



Some of the signs of concussion (or suspected concussion) include, but are not limited to:

- Suspected or definite loss of consciousness
- Dazed or vacant stare
- Incoherent speech
- Difficulty concentrating
- Ringing in the ears
- Dizziness
- Headache
- Disorientation
- Memory difficulties
- Fatigue
- Nausea or vomiting
- Blurred vision
- Sensitivity to light or noise
- Confusion
- Loss of balance

Lacrosse WA takes concussion very seriously and if there is any doubt, Lacrosse WA instructs all participants to err on the side of caution.

Therefore, the message for all players is:

IF IN DOUBT, SIT THEM OUT

 WHAT TO DO	 WHAT NOT TO DO
Follow Lacrosse WA's Concussion Management Procedure and the steps within.	<ul style="list-style-type: none"> - Be left alone - Drink alcohol - Drive a car - Handle heavy machinery - Swim alone - Take sleeping pills - Use recreational drugs - Watch TV, use mobile phone or computers if they irritate your symptoms - Take anti-inflammatory medications or any pain killers stronger than Paracetamol unless instructed by your doctor.
Book to make an appointment with an Appropriately Trained Healthcare Practitioner (ATHP) in the next 1-2 days. NOTE: If you have complex/ongoing symptoms, or this is your second (or more) concussion within 12 months, you must see a Medical Doctor instead of an ATHP.	
Whilst waiting to see the ATHP (or Medical Doctor), you should take things quietly and be in the care of a responsible adult. Rest is crucial to recover from concussion. Only participate in activities that do not make symptoms worse for the first 24-48 hours.	
When going to your appointment, make sure you take your Lacrosse WA Referral and Return Form with you (with section 1 already completed).	

RED FLAGS

The signs and symptoms of concussion can sometimes be the same as a more severe head injury. If any of the following signs/symptoms occur, this may be an indication that there is something more serious happening.

If any of these occur, you should immediately attend your nearest Accident and Emergency Centre, or ring 000 for an ambulance.

- Double vision	- Deteriorating conscious state (i.e. becoming drowsier)	- Continuing unsteadiness on their feet
- Slurred speech	- Increasing confusion or irritability	- Unable to control bladder or bowel
- Repeated vomiting	- Behaving unusually or a change in their normal behaviour	- Severe or increasing headache
- Loss of hearing	- Any fluid or blood coming from the ear or nose	- Weakness or tingling/burning in any part of the body
		- Severe or unusual neck pain

The Lacrosse WA Concussion Management Procedure provides information on the process and the obligations on all participants. It is important that you read this document and understand your obligations. For more information please refer to <https://lacrossewa.com.au>

NOTE: A player **must** provide a completed **Referral and Return Form** to their team manager or club Concussion Officer (who will forward on to the Competition Manager) then receive a clearance from Lacrosse WA before the player can return to full contact match play.