



**FOOTBALL
AUSTRALIA**

COMMUNITY SPORTS RELATED CONCUSSION GUIDELINES

QUICK REFERENCE GUIDE

SIGNS & SYMPTOMS

"IF IN DOUBT, SIT THEM OUT."

Sports Related Concussion (SRC) is a traumatic brain injury caused by a direct blow to the head, neck or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities. SRC can only be diagnosed by a qualified medical practitioner (e.g., Sport & Exercise Physician, Neurologist, Sports Doctor) based on the event, signs and symptoms, physical examination, and with specific concussion assessment tools.

The **signs** (*what you see*) and **symptoms** (*what the player reports*) of SRC may present immediately or develop over minutes or hours. The duration of symptoms and signs are variable and can commonly resolve within days, although may be prolonged and take months to resolve in some individuals.

SRC's **may or may not involve loss of consciousness**.

The Concussion Recognition Tool (CRT6) has been developed as a recommended pitch-side tool to **assist any person**, including a non-medically trained individual to recognise symptoms and signs of a suspected SRC. The CRT6 can be found at this link: [Assessment of concussion | Concussion in Australian Sport \(concussioninsport.gov.au\)](https://www.concussioninsport.gov.au) ⁽²⁾

Signs of SRC that may be observed include:

- Can't recall events *prior to or after* a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about a task, role or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behaviour or personality changes.

Symptoms of SRC that may be reported include:

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down".

If in doubt, sit them out.

Any player with a suspected SRC must be immediately removed from the match or training session. If a suspected neck injury has occurred, the player should not be moved, and their neck stabilised until assessed by qualified medical personnel for potential spinal injury.

Please refer to the What to Do – SRC Quick Reference Guide for further guidance.

This Quick Reference Guide should be considered in conjunction with Football Australia's Community Sports Related Concussion Guidelines. These guidelines are intended to assist in the management of sports related concussion and do not replace the need to seek medical assessment. This information should not be interpreted as a guideline for clinical practice or legal standard of care.



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