

Concussion Recognition and Immediate Care

Concussion signs

- Headache
- Dizziness
- Nausea/Vomiting
- Confusion
- Feeling in a fog
- Sensitivity to light/noise
- Feeling like a zombie



Get a concussion check after every hit

Don't be brain dead – take action..

- Tell a friend/Staff member/Programme lead
 - Seek medical assessment contact THSC Staff
 - 24 – 48 hrs cognitive rest:
- No Driving
 - Avoid Alcohol
 - Reduce Screen time/phones
 - Don't isolate yourself



Early assessment, improves recovery time

Don't be a zombie.. and do nothing

Don't ignore symptoms
Report every hit to your SU
Concussion rep or Tudor
Hale Staff

Get assessed, get an
individual management plan
with University Sports
Therapy Staff Members



Thinking your ok..

Continuing to play sports

Returning to activity too soon



Prolonged symptoms
Serious Increase of a second hit
Long term health issues
Delayed recovery



You must be concussion symptom free and
cleared to play by a medical practitioner
before you return to play, every time.



Ensure your BUCS baseline concussion assessment is completed and up to date. If you have had a concussion we will use this to help you recover fully.

~~There are no shortcuts..~~
Play Smart, Play Safe, Play BUCS