

CONCUSSION FACT SHEET FOR

UMPIRES

WHAT IS A CONCUSSION?

Concussion is a complex and potentially significant brain injury that must be taken seriously. Even a 'ding' or what seems to be a mild bump to the head can be serious. Failure in recognising this can have major immediate and long-term consequences.

WHAT SHOULD YOU DO IF YOU THINK YOUR PLAYER HAS CONCUSSION?

If you suspect that a player may be showing the signs and symptoms of concussion, it is important that you seek medical advice/instruction. Therefore:

- Upon recognising signs of concussion you should call the physio onto the field even if the player suggests they are ok.
- If the player has a suspected concussion this can require 15 minutes to assess. If everyone is in agreement and they are the last batsman then time for an assessment may be permitted. It is not until the player has been removed from the field and cleared medically that they may return. Thus, if they are the last batsman, the innings will end.
- If there is no medical support available and you have significant concerns you should discuss with the captain or coach as the player may not be fit to make a decision about their own injury.

CONCUSSION SIGNS AND SYMPTOMS

Adequate care must be taken in the assessment of a suspected concussion as symptoms may take time to present. If a player has experienced a bump or blow to the head, look for any of the following signs and symptoms of concussion:

SYMPTOMS REPORTED BY PLAYER:

- Headache ✓
- Nausea or vomiting ✓
- Dizziness or blurred vision ✓
- Concentration or memory problems ✓
- Just not 'feeling right' ✓

SIGNS OBSERVED BY UMPIRES:

- Appears dazed or stunned ✓
- Moves clumsily ✓
- Is unsure of match, opponent or result ✓
- Forgets an instruction ✓
- Loses consciousness ✓
- Answers questions slowly ✓
- Can't recall events after hit or fall ✓