

# CONCUSSION

## Concussion

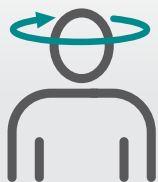
**“It’s ok to say you’re not ok  
... if in doubt... sit them out”**

If any of these signs or symptoms are observed or reported following an impact to the head, face, neck or body, remove the player from the activity immediately if safe to do so.

They should not return to activity until assessed by a medical practitioner.



**Headache  
or neck pain**



**Balance  
problems**



**Vomiting  
or nausea**



**Sensitivity  
to sound**



**Light  
sensitivity**



**Behavioural  
changes**



**Need to report a concussion?**  
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