

CONCUSSION

Better knowledge for better management!

GENERAL INFORMATION

Concussion is a brain injury. Don't underestimate it.

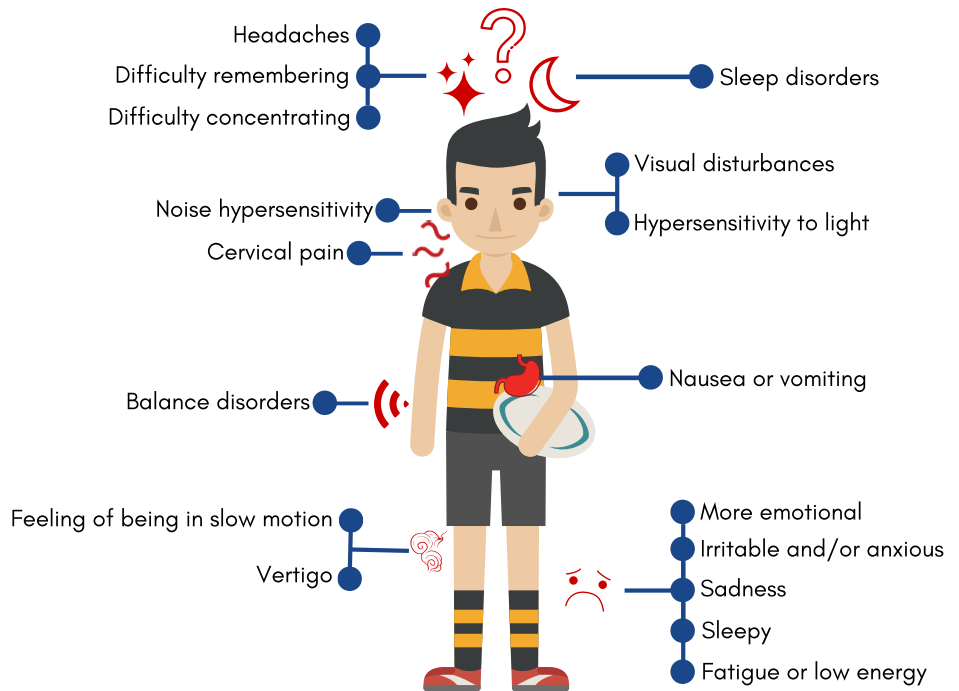
Most concussions don't involve loss of consciousness.

A concussion can occur as a result of a blow to the head or body in contact with an opponent, a partner, but also the ground, a post or even the ball.

The severity of a concussion depends on multiple factors.

The severity of a concussion is only known after all symptoms have disappeared.

Every injury is different, every player is different. All injuries must be evaluated by a competent health professional.



REPORT THE CONCUSSION

The brain is the most important organ of the body.

Playing and training with symptoms can prolong recovery time.

A poorly managed concussion can lead to irreversible consequences such as memory/attention problems or dizziness.

SYMPTOMS

Symptoms are varied and may appear immediately or after many hours.

Symptoms may worsen with increased physical and mental effort (e.g. weight training, reading, computer, etc.).

»» WHAT TO DO IF I THINK I HAVE A CONCUSSION ?

EXIT Any player suspected of having a concussion must stop playing immediately.

REPORT I report to my coach if I think I or another player has suffered a concussion.

CHECK I have my symptoms checked by a medical professional.

TAKE CARE I am gradually resuming activities following the recommendations of SCAT3 or SCAT5.

Play with your brain. Protect it. Protect yourself.