Concussion in Sport Australia
Concussion management flow chart – off field
(for parents, coaches, teachers, team-mates, support staff)

Athlete with suspected concussion

Subtle signs of concussion:
- Pale
- Difficulty concentrating
- Fatigue
- Sensitivity to light/noise
- Confusion, disorientation
- Memory impairment
- Nausea
- Headache or ‘pressure in the head’
- Feeling slowed or ‘not right’
- Dazed, blank/vacant stare
- Behaviour or emotional changes, not themselves

Review by medical practitioner

RED FLAGS
- Neck pain
- Increasing confusion, agitation or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling/burning in the arms or legs
- Deteriorating conscious state
- Severe or increasing headache
- Unusual behavioural change
- Visual or hearing disturbance

NO
- Rest, observation, return to sport protocol under medical advice

YES
- Immediate referral to emergency department

Things to look out for at home or at school following a possible concussion