

BAPCHILD CRICKET CLUB

CHECKLIST - TO HELP IDENTIFY CONCUSSION IN CHILDREN, YOUTH AND ADULTS

Recognise & remove

Concussion should be suspected if one or more of the following visible clues, signs, symptoms or errors in memory questions are present.

1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

Visual Clue
Loss of consciousness or responsiveness
Lying motionless on ground / slow to get up
Unsteady on feet / balance problems or falling over / Uncoordinated
Grabbing / clutching of head
Dazed, blank or vacant look
Confused / not aware of plays or events

2. Signs and symptoms of suspected concussion

Presence of any one or more of the following signs and symptoms may suggest a concussion:

Emotional Signs or symptoms	Cognitive Signs or symptoms	Physical Signs or Symptoms
Nervous or anxious	Confusion	Loss of consciousness
Irritability	Feeling slowed down	Headache
Sadness	Fatigue or low energy	Seizure or convulsion
More emotional	Feeling like "in a fog"	Dizziness
	Loss of Memory / Amnesia	Balance problems
	"Don't feel right"	Nausea or vomiting
	Sensitivity to noise	Drowsiness
	Difficulty remembering	"Pressure in head"
	Difficulty concentrating	Blurred vision
		Sensitivity to light
		Neck pain

3. Memory function

Failure to answer any of these questions correctly may suggest a concussion:

Question
“What venue are we at today?”
“Who is bowling/batting at the moment?”
“What is the score?”
“What team did you play last week / game?”
“Did your team win the last game?”

Any participant with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY AND should NOT be returned to activity until they are assessed medically.

Participants with a suspected concussion should NOT BE LEFT ALONE and should NOT DRIVE a motor vehicle.

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

Red flags

If ANY of the following are reported then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

Symptom	Symptom
Participant complains of neck pain	Deteriorating conscious state
Increasing confusion or irritability	Severe or increasing headache
Repeated vomiting	Unusual behaviour change
Seizure or convulsion	Double vision
Weakness or tingling / burning in arms or legs	

Remember

In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed

DO NOT attempt to move the player (other than required for airway support) unless trained to do

DO NOT remove helmet (if present) unless trained to do so