

IF YOU SUSPECT YOUR PLAYER HAS CONCUSSION:



They must be removed from play immediately.



They must be given immediate care on the field. If they are unconscious or have associated neck injury, do not move them and call 999. Check for an open airway, normal breathing and other signs of life, while keeping them still and warm until the ambulance arrives.



They must completely rest — mentally and physically — for the initial 24 to 48 hours.



They must have constant supervision for the next 24 hours.



They must not drink alcohol for 24 hours.



They must not return to day-to-day activities until they are symptom-free.



They must see a healthcare practitioner — even if their symptoms get better.



They must not drive until they get the "OK" from a healthcare practitioner.