

CONCUSSION IN LADIES GAELIC FOOTBALL

1.

WHAT IS A CONCUSSION?

- Type of mild traumatic brain injury
- Caused by impact to the head or other part of the body
- Affects how the brain functions
- Symptoms may develop over minutes, hours or days
- A concussion may affect people in different ways
- Most players recover within 1 month, though 10-15% take longer
- Managing concussion correctly decreases the risk of a long recovery



2.

WHEN SHOULD I SUSPECT A PLAYER HAS CONCUSSION?

Players may experience a range of signs and symptoms that change over time.

SYMPTOMS (HOW A PLAYER FEELS)



COGNITIVE

- Difficulty concentrating
- Difficulty remembering
- Fatigue
- Feel 'slowed down'
- Feeling 'in a fog'



PHYSICAL

- Headache/pressure in head
- Neck pain
- Nausea
- Dizziness
- Vision Problems
- Sensitivity to light or noise
- Don't feel right



EMOTIONAL

- Irritability
- Nervousness
- Feeling more emotional



SLEEP

- Drowsiness
- Difficulty falling sleep
- Sleeping more than usual
- Sleeping less than usual

SIGNS (WHAT OTHERS SEE)

- Poor balance / loss of coordination
- Clutching head
- Slurred speech
- Vacant facial expression
- Vomiting
- Loss of consciousness

3.

RED FLAG SIGNS

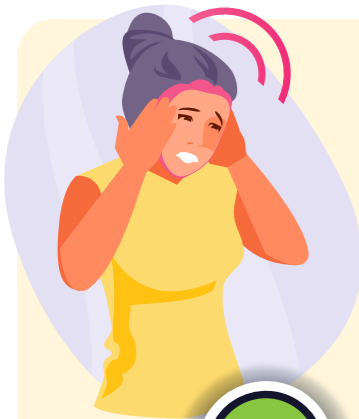
May signify a more severe brain or spinal cord injury which occur in a similar way to concussion. Players with any of these signs should be **brought to hospital immediately**

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative



4.

WHAT SHOULD A PLAYER WITH A POSSIBLE CONCUSSION DO/NOT DO?



DO

- ✓ Stop playing immediately
- ✓ Seek medical assistance from a doctor, athletic therapist or physiotherapist
- ✓ Rest for 48 hours
- ✓ Minimise time using screens



DON'T

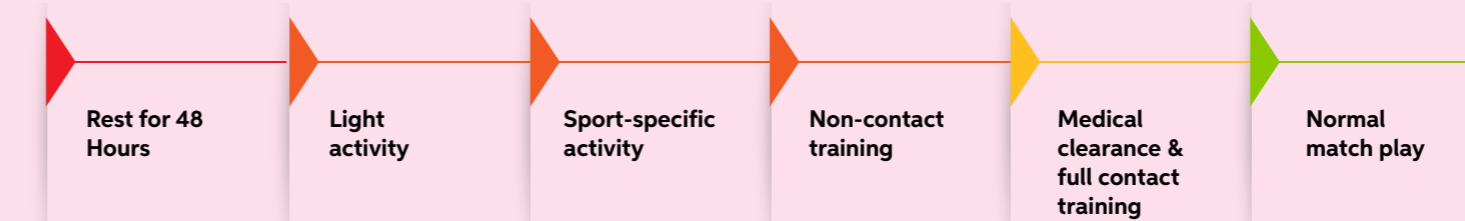
- ✗ Return to play on the day of injury
- ✗ Drink alcohol
- ✗ Use recreational or prescription drugs
- ✗ Drive

5.

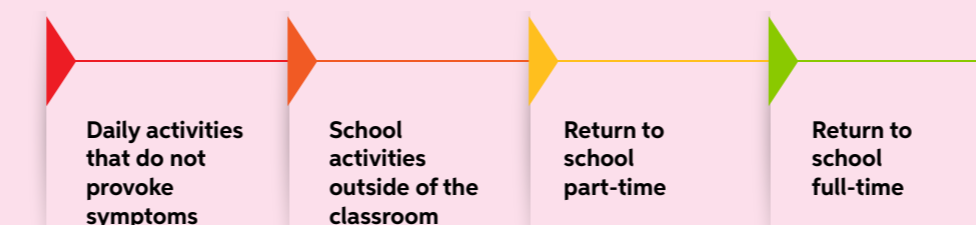
HOW CAN CONCUSSIONS BE TREATED?

Your doctor, athletic therapist or physiotherapist will develop an individualised treatment plan that includes return to play and school/work advice

RETURN TO PLAY



RETURN TO SCHOOL / WORK



- After resting for 48 hours, begin a graded return-to-play programme
- Spend at least 4 days each at light activity, sport-specific activity and non-contact training stages
- If a stage causes symptoms to worsen, repeat the previous stage before continuing
- After written clearance from a medical professional, you may return to full contact training
- Return to play should take at least 15 days

- After resting, begin activities such as reading or using screens for 5 to 15 minutes at home
- Consider temporary adjustments when returning to school or work (e.g. half-days, longer breaks or academic adjustments)

