



## England Cricket Association for the Deaf Concussion Fact Sheet for Players

<p><b>CONCUSSION FACTS</b></p>	<ul style="list-style-type: none"> <li>● Concussion is a serious brain injury that takes time to recover just like any other injury.</li> <li>● A concussion can be difficult to diagnose as symptoms may take time to develop.</li> <li>● Any player with a suspected concussion must be removed from the field of play and undergo stepwise assessments.</li> <li>● Ignoring concussion can have long term health implications.</li> </ul>
<p><b>WHAT SHOULD YOU DO IF I THINK I HAVE CONCUSSION?</b></p>	<p><b>RECOGNISE</b> If you suspect that you may have the symptoms of concussion, tell a coach, member of the medical team or umpire.</p> <p><b>REMOVE</b> Any suspected concussion will need you to leave the field to allow a full assessment and diagnosis.</p> <p><b>RECOVER</b> You should be rested from both physical and mental activities, as rest is the only known treatment and an early return may provoke symptoms.</p> <p><b>RETURN</b> If you are diagnosed with concussion a graded return should be followed once symptom free.</p>
<p><b>DEFINITE CONCUSSION</b></p>	<p>If you do not have available medical support at your game you will need to seek medical attention/support and most likely will need to attend your nearest A&amp;E or GP immediately</p>
<p><b>CONCUSSION SIGNS &amp; SYMPTOMS</b></p>	<p>Concussion symptoms may take time to develop; these symptoms will also differ with each player and each injury.</p> <p><b>COMMON SYMPTOMS:</b></p> <ul style="list-style-type: none"> <li>● Headache</li> <li>● Nausea or vomiting</li> <li>● Dizziness or balance problems</li> <li>● Confusion</li> <li>● Blurred vision or double vision</li> <li>● Concentration or memory problems</li> <li>● Just “not feeling right”</li> </ul>
<p><b>WHY SHOULD I REPORT MY SYMPTOMS:</b></p>	<ul style="list-style-type: none"> <li>● Playing or training with concussion symptoms can lead to a prolonged recovery period and a delayed return to play.</li> <li>● While your brain is still healing you are more likely to experience a repeat concussion or indeed other injuries.</li> </ul>