

FIVE REPORTING TIPS



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1 Appropriate Terminology:

- Use concussion or brain injury.
- Don't use head-knock or bang on the head.
- Describe the signs you observe.
- Discuss the potential of a concussion.
- Symptoms are what are felt by an athlete.

2 Take the Signs Seriously:

- Signs of a concussion should be taken seriously, it is a brain injury.

3 Avoid Mentioning Toughness:

- Children take cues from media.
- A player with concussion should have our sympathy, not our admiration.
- Playing on with a potential or a diagnosed concussion is only dangerous.

4 Know Concussion Protocols:

- There is no objective test for concussion, but sports have protocols to best identify concussions.
- Know how they differ from the professional game to the amateur games.
- You can remind the audience “if in doubt, sit them out”.

5 Report all Possible Concussion:

- Report what you see and be aware of protocols so that you can say what should happen next.
- Most concussion will be diagnosed after the match.
- Be mindful of delayed symptom presentation and that players also have to report these symptoms and signs have to be observed for medical staff to make an informed decision.



*Remind the audience
“if in doubt, sit them out”.*