

CONCUSSION



NOT ALWAYS A KNOCKOUT!

ACTION PLAN

Recognise *the signs and symptoms*

Report *if suspicious, don't hide it*

Rehab *with rest and medical guidance*

Return *after following Return To Play Protocol and getting medical clearance*

SYMPTOMS

- Headache
- Confusion
- Nausea
- Dizziness
- Double/Blurry Vision
- Sensitivity to Light
- Feeling Hazy or Groggy
- Just not 'feeling right'
- Memory Problems
- Pressure in Head

Adhere to the RTP Protocol at www.gaa.ie/returntoplay



ACQUIRED
BRAIN INJURY
IRELAND

GAA | **GPAO**
Supporting Players