

Concussion Guidance

A concussion is a mild traumatic brain injury that can occur during sport or everyday activities. All suspected concussions should be taken seriously and managed in the same way.

Key Points

- If a concussion is suspected, the child should stop all sporting activity immediately.
- Returning to school and normal daily activities takes priority over returning to sport.
- Most children recover fully with appropriate rest and gradual return to activity.
- If in doubt, sit them out.

Signs and Symptoms

A child may have a concussion if they experience symptoms such as:

- Headache
- Dizziness
- Nausea or vomiting
- Confusion or difficulty concentrating
- Drowsiness or fatigue
- Visual disturbances
- Sensitivity to light or noise
- Feeling "not quite right"

Symptoms may develop immediately or up to 48 hours after the injury.

Seek Urgent Medical Attention

Immediate medical assessment is required if a child experiences:

- Loss of consciousness
- Repeated vomiting
- Severe or worsening headache
- Seizure
- Severe neck pain
- Weakness, numbness or tingling
- Increasing confusion, drowsiness or unusual behaviour

Recovery and Return to Activity

Following a concussion, children should have a period of relative rest before gradually returning to normal activities and school.

Light exercise may begin once symptoms are improving and normal daily activities can be managed without worsening symptoms.

A gradual return to sport should only begin once the child is symptom-free and has returned fully to school. The earliest return to competitive sport is 21 days after the injury and only after successful completion of a graduated return-to-sport programme.

Multiple Concussions

Children who sustain two or more concussions within a 12-month period should seek specialist medical advice before returning to sport.

If you suspect your child has sustained a concussion outside school, please ensure they receive an appropriate medical assessment and inform the School Nurse of the outcome.