

T.A.C.K.L.E

CONCUSSION SYMPTOMS

- » HEADACHE
- » PRESSURE IN HEAD
- » PROBLEMS WITH CONCENTRATION
- » BALANCE PROBLEMS
- » SENSITIVE TO LIGHT
- » SENSITIVE TO NOISE
- » DON'T FEEL RIGHT
- » FEELING SLOWED DOWN
- » FEELING "FOGGY"
- » NAUSEA/VOMITING
- » BLURRED VISION
- » PROBLEMS WITH MEMORY
- » CHANGES IN EMOTIONS
- » SLEEP PROBLEMS
- » FATIGUE
- » TIREDNESS
- » DROWSINESS
- » NECK PAIN
- » ANXIETY
- » NERVOUSNESS

THINK

»» THE PRESENT

ABOUT

»» YOUR FUTURE

CONCUSSION

»» HONESTY

KNOW

»» HOW TO RECOGNISE IT

LEARN

»» THE NRL PROTOCOLS

EDUCATE

»» ASK QUESTIONS



If any of these above symptoms are present, the player should not return to play without clearance from a qualified medical professional.

For more info please see your Club Medical Officer and PLAYNRL.COM/CONCUSSION

