

Recognising & Managing Concussion

It is British Dodgeball's primary concern that all players remain safe, and receive adequate medical attention when necessary, at dodgeball events. This is a courtside resource for helping non-medically trained individuals, e.g. referees, to recognise & identify concussions in dodgeball.



1. Check for Red Flags

If any red flag symptoms are present, the player should receive urgent medical assessment from an appropriate Healthcare Professional onsite or at an A&E Hospital Dept, via emergency ambulance transfer if necessary.

Red Flag Symptoms:

- Loss of consciousness due to injury
- Deteriorating consciousness
- Increasing confusion or irritability
- Loss of vision or double vision
- Seizure or convulsion
- Repeated vomiting
- Severe neck pain
- Severe or increasing headache

2. Check for Concussion Symptoms

Look for visible signs (a) and symptoms at injury (b), then conduct an awareness check (c). The injured player's team must continue monitoring; if any visible signs or symptoms (a & b) manifest, the player must be removed from play as above. Any athlete with 1+ concussion symptoms must be removed from play immediately and not return until cleared by an appropriate healthcare professional or completing a return to activity programme.

a) Visible Signs:

- Loss of consciousness or responsiveness
- Lying motionless on ground or slow to get up
- Unsteady on feet or balance problems
- Grabbing or clutching of head
- Dazed, blank or vacant look
- Confused or not aware of plays or events

b) Symptoms At or After Injury:

- Headache, or "Pressure in head"
- Dizziness or balance problems
- Difficulty concentrating or feeling like "in a fog"
- Nausea or vomiting
- Drowsiness, feeling slowed down or fatigue
- More emotional or sadness
- Blurred vision, or sensitivity to light or noise
- Nervous, anxious, irritable or "Don't feel right"
- Difficulty remembering or amnesia
- Neck Pain

c) Check Awareness (Modify each question for age)

- "Where are we today?"
- "What event were you playing in?"
- "Who won the last set in this game?"
- "Which team did you play before this match?"
- "Did your team win the last game?"
- "Where are you going after the game finishes?"

3. Further Guidance

Do:

- Remove the injured player from play immediately should they display any signs of concussion.
- Tell the injured player they must be assessed by an appropriate healthcare professional, or by calling 111 within 24 hours of the incident.
- Tell the player to focus on rest & sleep, and limit screen time for the next 24-48 hours.

Don't:

- Delay in calling an ambulance if any red flag symptoms are displayed.
- Allow the player be left alone for 24 hours after the incident.
- Allow the player to consume alcohol or drive a motor vehicle in the first 24 hours after the incident.

First Aid:

- In all cases, the basic principles of first aid should be followed: assess danger at the scene, check airway, breathing & circulation.
- Assess for neck or spinal injury; do not move the player until safe to do so.
- Athletes with known physical or developmental disabilities should have a lower threshold for removal from play.