

# 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

**T H I N K**

- » THE PRESENT

**A B O U T**

- » THE FUTURE

**C O N C U S S I O N**

- » HONESTY

**K N O W**

- » HOW TO RECOGNISE IT

**L E A R N**

- » THE NRL PROTOCOLS

**E D U C A T E**

- » ASK QUESTIONS



If any of these above symptoms are present, a player should be removed from a game or training and not return to play without clearance from a qualified medical professional.

For more info go to [playrugbyleague.com/concussion](http://playrugbyleague.com/concussion)

