T.A.C.K.L.E CONCUSSION



IT'S NOT TOUGH TO IGNORE CONCUSSION SYMPTOMS - REPORT THEM ALL, NO MATTER HOW SMALL.

KEY TO SUCCESSFUL TREATMENT ESSENTIAL FOR YOUR BEST OUTCOME

WITH YOUR TEAMMATES, COACH AND SPORTS TRAINER

BE LONES LABOUT HOW YOU FEEL

IN GAMES
AND AT
TRAINING

CONCUSSION NEGATIVELY

AFFECTS

PERFORMANCE

RISK OF
POSSIBLE
MENTAL HEALTH
ISSUES

RISK OF MORE SEVERE OR LONGER LASTING CONCUSSION RISK OF OTHER
INJURIES –
MUSCULOSKELETAL
AND MORE
CONCUSSIONS

BE SELF AWARE
IF YOU'RE NOT RIGHT TELL YOUR ACCREDITED SPORTS TRAINER

For more info please see your Accredited Sports Trainer and **PLAYNRL.COM**

















