

ECB Concussion Guidance – Information relating to Children

The ECB has a section of their website dedicated to [Concussion guidance](#). You are advised to make yourself familiar with it, and visit it in the event of someone suffering from concussion. Any player with a suspected head injury must be monitored both on and off the field; the player should not leave the ground without being provided with head injury advice (the parent must be informed).

If a child has received a blow to the head, it is imperative you follow the below guidelines.

The **Four Rs** are fundamental:

- **Recognise**– does the player appear to be suffering from any of the following symptoms; headache, dizziness, confusion, irritability, lack of memory or balance
- **Remove**– a player suffering from concussion symptoms must be removed from the field of play. If symptoms do not worsen; continue to monitor for any changes and seek advice from a medical practitioner. If the player's symptoms worsen i.e. increasing headache, vomiting and deterioration of conscious state, stabilisation and referral to hospital is required.
- **Recover**– a child must be rested from both physical activities and brain activities such as reading, computer video games, and watching television until they are symptom free. If symptoms return during this period, reduce provoking activities such as the above and gradually reintroduce until recovery is complete
- **Return**– If a diagnosis of concussion is made an appropriate graded return to play should be followed once symptom free. This involves gradual reintroduction of both academic studies and physical exercise activities for the child

Children and adolescents should follow an extended graded return to play – a more conservative approach is required than with adult concussion as the child and adolescent brain is still improving its learning potential.

Children's/adolescents' (five to 19 years) brains are still developing and as such, all children and adolescents require additional caution in the management of head injuries. The child and adolescent brain is still improving its learning potential and thus it is imperative that the cognitive function is restored as a priority before any return to sport is considered. The [Graded Return to Play](#) requires the child to be fully functional in the school environment, before reintroducing physical exercise activities, with a minimum of 48 hours to be fulfilled at each activity stage. This means that any child/adolescent who has sustained a concussion cannot return for at least 23 days. Head injury advice should be given to an adult as the child could appear stable with no major concerns and be sent home.

[Factsheet for coaches](#) on concussion

[Factsheet for parents](#) on concussion

[Factsheet for umpires](#) on concussion

[Factsheet for players](#) on concussion

IF A CHILD RECEIVES ANY FORM OF INJURY TO THE HEAD YOU MUST NOT LET THE CHILD GO HOME ALONE AND MUST MAKE THE PARENT/CARER AWARE. Children can “go off” some hours/days after a head injury.

Correct as of September 2017

