

# IF IN DOUBT, SIT THEM OUT.

## What every parent or guardian needs to know about concussion in sport

### A concussion is a brain injury.

It can affect how your child thinks, feels, sleeps, and behaves – even if they weren't knocked out.

**If in doubt, sit them out!** If your child might have a concussion:

- They **must stop playing immediately**. Do not let them return to activity the same day.
- Get assessed by an appropriate healthcare professional onsite or **contact NHS24** (dial 111) within 24 hours for advice.
- **Watch closely** for red flags (e.g. worsening confusion, repeated vomiting, severe headache, more drowsy).

### Signs you might see

- Dazed or confused look
- Trouble standing or walking
- Slow to respond or off balance
- Vomiting

### Symptoms they might tell you

- Headache or dizziness
- Feeling “in a fog”
- Fatigue
- Sensitivity to light/noise

### What to do

- Keep your child at home and resting for 24–48 hours.
- Limit screen time and avoid busy environments.
- Monitor closely and never leave them alone in the first 24 hours.
- Inform their school, club, and any other coaches.

### Support recovery - one step at a time

- Your child should follow a **graduated return to activity (education/work) and sport (GRAS) programme**.
- No return to competition before **21 days**.
- If symptoms last more than **28 days**, contact your GP.

Further information  
can be found on the  
**sportscotland website**

