

# IF IN DOUBT, SIT THEM OUT.

## Here's what you need to know about concussion

### What is it?

**A concussion is a brain injury.**

It can happen if you get a knock to the head or body that causes your brain to move quickly inside your skull — even if you don't get knocked out.

### How do I know if I have a concussion?

You might:

- Feel dizzy, sick, or confused
- Have a headache
- Feel slow or "in a fog"
- See blurry or have trouble focusing
- Be bothered by bright lights or loud noises
- Feel more emotional or tired than usual

**If in doubt, sit them out!** If you feel ANY of the symptoms above:

- **Stop playing right away**
- **Tell an adult** – coach, teacher, or parent
- **Don't go back to PE, sport or training that day**

### Remember:

- You don't have to be knocked out to have a concussion.
- It's better to rest than risk making things worse.
- Tell someone if a friend doesn't look right – help keep each other safe.

### Getting back to school and sport

- Rest your brain for 1-2 days: sleep, relax, take breaks. Follow the **graduated return to activity (education/work) and sport (GRAS) programme**.
- **Avoid** too much **screen time**.
- No sports competition until your brain has recovered – at least 21 days.

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

