



Concussion Awareness Poster



Concussions are caused by impacts or motions that cause the brain to move inside the skull. This causes brain tissue to stretch, compress, and twist. Usually concussion is a minor brain injury, but in severe cases, swelling and bleeding in the brain can cause significant and life-threatening damage.



Symptoms of Concussion:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right,” or “feeling down”

IF IN DOUBT, SIT IT OUT

Anyone with a suspected concussion should be immediately removed from play in a safe manner. They must not return to activity that day.

Notify the staff of the Leisure Centre.

The concussed player should be taken to be assessed by a medical professional and/or a telephone call should be made to 111 for advice.

It is important that the concussed player not drive a vehicle, ride a bicycle, operate machinery or drink alcohol within 24 hours of the event. They should not be left alone for 24 hours after the initial injury, as symptoms can evolve and may worsen.

(See overleaf for *danger signs*)



Recovery:

Resting immediately after concussion gives the best chance of making a speedy recovery. Playing on to the end of a match can add days to recovery time.

During the period of recovery at home, it is important that the injured player allows their body to take it easy: No strenuous physical or cognitive exercise. They should avoid loud noises and bright lights and screens, i.e. TVs, computers and mobile phones. Getting enough sleep helps their body to heal.

The decision on when the concussed player returns to the pickleball court must be made by a medical professional following a proper medical assessment.

Return to sport, once symptom free, should be graduated.



August 2026

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Thank you for looking after yourself and each other.

The Exeter Pickleball Club strongly encourages use of protective eye wear during play.



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Danger signs to look out for after a head injury:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behaviour, increased confusion, restlessness, or agitation
- Loss of consciousness. Even a brief loss of consciousness should be taken seriously



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References:

<https://sportandrecreation.org.uk/campaigns-and-policy/concussion/concussion-guidelines-for-grassroots-sport>
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<https://www.gov.ie/en/department-of-health/publications/guidance-for-managing-concussion-in-grassroots-sports/>
<https://www.ausport.gov.au/concussion>
<https://www.nhs.uk/conditions/head-injury-and-concussion/>
<https://concussionandcte.org/wp-content/uploads/2025/09/UPDATED-US-What-to-Do-After-Concussion.pdf>
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August 2026