

**In the event of a concussion**



1. **Use the FirstResponder Concussion App on the sidelines in the event of a head impact**
2. **See a medical doctor as soon as possible**
3. **Complete post-concussion computerised testing by contacting** [**support@headsmart.me**](mailto:support@headsmart.me)
4. **When symptoms have settled, phase back into**

school/study commitments using Cognitive Rehabilitation Form

1. **Start a light exercise programme co-ordinated by your physio or trainer using Exercise Rehabilitation Form**
2. **Have medical clearance from a medical doctor to start contact training**

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