



# ESPORTS ACADEMY

PLAYER HEALTH & SAFETY

IMPORTANT – FOR ALL PLAYERS & SPECTATORS

## PHOTOSENSITIVE SEIZURE WARNING

A very small percentage of people may experience a **seizure or blackout** triggered by flashing lights or patterns in video games — while **playing or watching**, even with no history of seizures or epilepsy.

### STOP & TELL STAFF IF YOU FEEL

- ▶ Lightheaded, dizzy or nauseous
- ▶ Altered, blurred or double vision
- ▶ Eye or face twitching
- ▶ Jerking or shaking of arms or legs
- ▶ Disoriented or confused
- ▶ A moment of lost awareness

Parents & guardians: keep an eye on your players — children and teens are most at risk. Staff will help immediately, no questions asked.

### HOUSE RULES AT EVERY EVENT

- ✓ House lights stay on — no blackout play
- ✓ Sit back: arm's length from monitors, 2 m from TVs
- ✓ Break every 45–60 minutes — it's in the schedule
- ✓ Drink water at every break
- ✓ Never play drowsy, unwell or exhausted
- ✓ Seizure or epilepsy history? Tell our staff — it stays private

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If someone has a **seizure**: clear the space, cushion their head, never restrain them, and time it. Roll them onto their side once the jerking stops, and stay with them. **Call 000** if it's a first seizure, lasts over 5 minutes, repeats, or breathing doesn't return to normal.



[esportsacademy.com.au/health-safety](https://esportsacademy.com.au/health-safety)

Scan for the full player health & safety guidance · [info@esportsacademy.com.au](mailto:info@esportsacademy.com.au)

PLAY HARD.  
PLAY FAIR.  
PLAY SAFE.