

CONCUSSION



Concussion Reference: Coaches & Parents

SIGNS OBSERVED BY COACHING STAFF:

- Athlete appears dazed, stunned or confused
- Is confused about assignment or position, forgets instructions
- Is unsure of game, opponent, score
- Moves imbalanced, clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, personality or behavior changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE:

- Headache or pressure in the head
- Nausea, vomiting
- Loss of balance, clumsy
- Double or blurry vision
- Sensitivity to noise or light
- Feels sluggish, fatigued, groggy, foggy
- Concentration or memory problems
- Confusion
- Doesn't feel "right"
- Feels nervous, anxious, depressed



STEPS TO TAKE:

If you suspect concussion:

- Remove the athlete from play, practice or training
- Ensure that the athlete is evaluated by a health care provider trained in assessing and managing concussion care.
- Inform the athlete's parents or guardians about the possibility of concussion
- Keep the athlete out of play the day of the injury and until they are cleared to return to play by a healthcare provider who is trained in the assessment and management of concussion care.

RED FLAGS

IF ANY OF THE FOLLOWING SIGNS OR SYMPTOMS ARE PRESENT, IMMEDIATELY ACTIVATE EMERGENCY MEDICAL SERVICE (911/EMS)

- Headache that worsens
- Seizure or convulsion
- Very drowsy or can't be aroused/awakened
- Vomiting
- Slurred speech
- Doesn't recognize people or places
- Increasing confusion, behavior changes, irritability
- Weakness or numbness in arms or legs
- Any loss of consciousness greater than 30 seconds
- Fluid or blood coming from ears, nose, mouth or eyes
- Unsteadiness standing or walking
- Drug or alcohol intoxication at time of injury
- Bruising behind the ears, black eyes or very tender points on the face

