

CONCUSSION

FACT SHEET FOR PARENTS AND STUDENT ATHLETES

IF YOU THINK YOU HAVE A CONCUSSION: DON'T HIDE IT. REPORT IT. TAKE TIME TO RECOVER.
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

Facts:

- Type of Traumatic Brain Injury, (TBI)
- All concussions are serious
- Most concussions occur without loss of consciousness
- Can range from mild to severe
- Presents itself differently for each athlete
- Symptoms can present 0-72 hours after injury
- When in doubt, sit them out

Signs and Symptoms

- Headache or "pressure"
- Dizziness
- Memory loss of events prior or following injury
- Ringing in ears
- Blurred or double-vision
- Sleepiness
- Balance problems
- Mood or personality changes
- Nausea
- Confusion
- Don't "feel right"
- Difficulty with concentration
- Sensitivity to light or noise
- Loses Consciousness
- Appears dazed or stunned
- Unsure of game, score, opponent or sports plays

Prevention

- Do **NOT** initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head.
- Practice good sportsmanship
- Practice and perfect the skills of the sport

Rest, Recover

- During the recovery process, athletes must maintain cognitive and physical rest.
- A repeat concussion that occurs prior to the brain recovering first can slow recovery or increase the chances for long term problems such as brain swelling, permanent damage, and rarely **DEATH**

Danger signs

If one or more of these symptoms occur dial **9-1-1** or go immediately to the Emergency Room

- One pupil larger than the other
- Cannot be awakened
- Worsening headache
- Vomiting
- Slurred speech
- Convulsions or seizures
- Increased confusion
- Restlessness or agitation
- Loses consciousness

Action Plan

- Immediately remove athlete from play
- Athlete/parent/guardian should self-report signs and symptoms to athletic trainer or coach.
- Ensure athlete is evaluated by an appropriate health care professional.
- Inform parent or guardian
- Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating and managing concussions has given **written** consent that the athlete may resume participation.
- Athlete must then undergo a graded return to play protocol prior to participating in games.

Return to Play

- Light Aerobic activity-walking/stationary bike
 - No resistance training
 - Sport Specific Training
 - No resistance training
 - **NO** contact practice
 - resistance training ok
 - Full contact practice
 - Unrestricted return to competition
- You must complete each stage symptom free before advancing.**

For more information and safety resources, visit:
www.cdc.gov/concussion

The student and parent/guardian has read and understands the above information.

Parent/Guardian Signature

Date

Student Athlete

Date