

# HEADS×UP CONCUSSION IN CHEERLEADING



## SIGNS AND SYMPTOMS

Athletes who experience any of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of routine or cheer	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right" or is "feeling down"

## ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:



1. Remove the athlete from activity.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the CDC fact sheet for parents on concussion.
4. Keep the athlete out of activities the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to cheerleading.

## IMPORTANT PHONE NUMBERS

### Emergency Medical Services

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### Health Care Professional

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### School/Gym/League Staff Available During Practices

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### School/Gym/League Staff Available During Games & Competitions

Name: \_\_\_\_\_

Phone: \_\_\_\_\_



For more information and safety resources, visit:  
[www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

