

# NTNLL Concussion Guidelines

This document will serve to provide a quick reference to help coaches identify a possible concussion in a player following a blow to the head. This is by no means professional medical advice; a trained medical doctor **must** be consulted to make a diagnosis.

What exactly is a concussion?

- A concussion is a clinical syndrome in which a direct blow or force is transmitted to the head which leads to immediate, short-term impairment of neurological function that resolves spontaneously

What symptoms do individuals with concussions usually present with?

- The three most common symptoms include **headache, dizziness, and confusion**
- Other symptoms include:
  - Balance issues
  - Memory loss
  - Drowsiness
  - Impaired concentration
  - Nausea/vomiting
  - Insensitivity to sound and light
  - Nervousness
  - Irritability

What should I do when my player receives a blow to the head?

- Immediately evaluate the player
- Note if they are exhibiting any of the symptoms mentioned above – if they do, **they should not return to play** and should seek medical attention
- If you suspect that the player seems confused or dazed and are unsure if they have suffered a concussion, ask these questions
  - What is your full name?
  - Where are you right now?
  - What day is it?
  - What season are we in?
  - Who is the president of the United States?
  - These are simple questions to ask to see if the player is alert and has intact mental status
  - Failure to answer any one of these questions raises suspicion that your player may be suffering from a concussion – **they should not return to play**
    - For younger players, asking the first three questions only is reasonable
- One of the biggest misconceptions is that a player with a concussion will have changes in eye movements or dilated/pinpoint pupils – this is **false!**
  - Only very serious concussions can result in blood pooling under the eyes, which is commonly referred to as “raccoon eyes”

For questions or concerns, please contact Caleb Kitcho, NTNLL Chief Safety officer at [calebkit@buffalo.edu](mailto:calebkit@buffalo.edu)