

What is a Concussion

A concussion is a type of traumatic brain injury - or TBI- caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

Signs of a Concussion

Signs observed by Coaches or Parents

- Appears dazed or stunned
- Confusion or forgetfulness
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to or after a hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy or groggy
- Confusion, concentration or memory problems
- Just not "feeling right", or "feeling down"

Note: Concussion signs & symptoms often show up soon after the injury, but it can be hard to tell how serious the concussion is at first. Some symptoms may not be noticed or may not show up for hours or days.

When to Call 9-1-1

A hematoma is a dangerous collection of blood that may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull.

- One pupil is larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness - even briefly

What to Do

- 1. Remove the athlete from play. When in doubt SIT THEM OUT!**
- 2. Record the following information for the athlete's health care provider:**
 1. Cause of injury and force of the hit
 2. Any loss of consciousness
 3. Any memory loss
 4. Any seizures
 5. Number of previous concussions
- 3. Inform the athlete's parents of the concussion & symptoms & signs to watch for.**
- 4. The athlete needs to provide written documentation from their healthcare provider before being allowed to play again.**