

Concussions Statement

What is a concussion?

- A concussion is a disturbance in the function of the brain caused by a direct or indirect blow to the head. It results in a variety of symptoms which may, or may not involve memory loss or loss of consciousness. Although typically associated with contact sports, concussions are occasionally encountered in baseball and softball.
- It should be recognized that the reporting of symptoms may not be entirely reliable. This may be due to the effects of a concussion or because the athletes passionate desire to return to competition outweighs their natural inclination to give an honest response. If possible, ask someone who knows the athlete well (parents) about changes in affect, personality, behaviour, etc.

Concussion should be suspected in the presence of ANY ONE or more of the following.

- Loss of consciousness
- Headache or “pressure in head”
- “Don’t feel right”
- Neck Pain
- Balance problems/dizzy
- Nausea or vomiting
- Vision or hearing problems
- Confusion, feeling “slowed down or in a fog”
- Difficulty concentrating or remembering
- Drowsiness
- Fatigue or low energy
- Irritability

- Any athlete suspected of having a concussion should be removed from play, and told to seek medical evaluation.
- One of the most important reasons for recognizing and treating concussions is to prevent second impact syndrome (SIS). SIS is a condition that may occur if the brain is subjected to a second impact before it has completely recovered from an initial injury. This complication can occur even if the second blow is mild. Severe brain damage, even death, may occur. Therefore it is essential that a player who has suffered a concussion be kept from playing until all symptoms are resolved, an appropriate amount of time has passed, and a physician has given clearance to return to play.