

A Fact Sheet for **PARENTS**

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

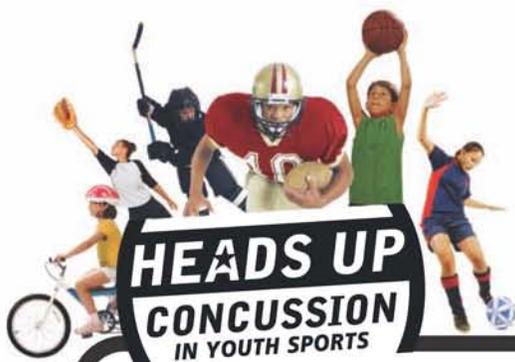
Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- 1. Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- 2. Keep your child out of play.** Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child’s coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.



A Fact Sheet for **ATHLETES**

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

- **Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and fit well
 - Used every time you play

It's better to miss one game than the whole season.

If you think your athlete has sustained a concussion:

- Take him/her out of play
- Contact your physician

CALL 202-476-2429



www.childrensnational.org/score

SIGNS OBSERVED BY COACH/PARENT

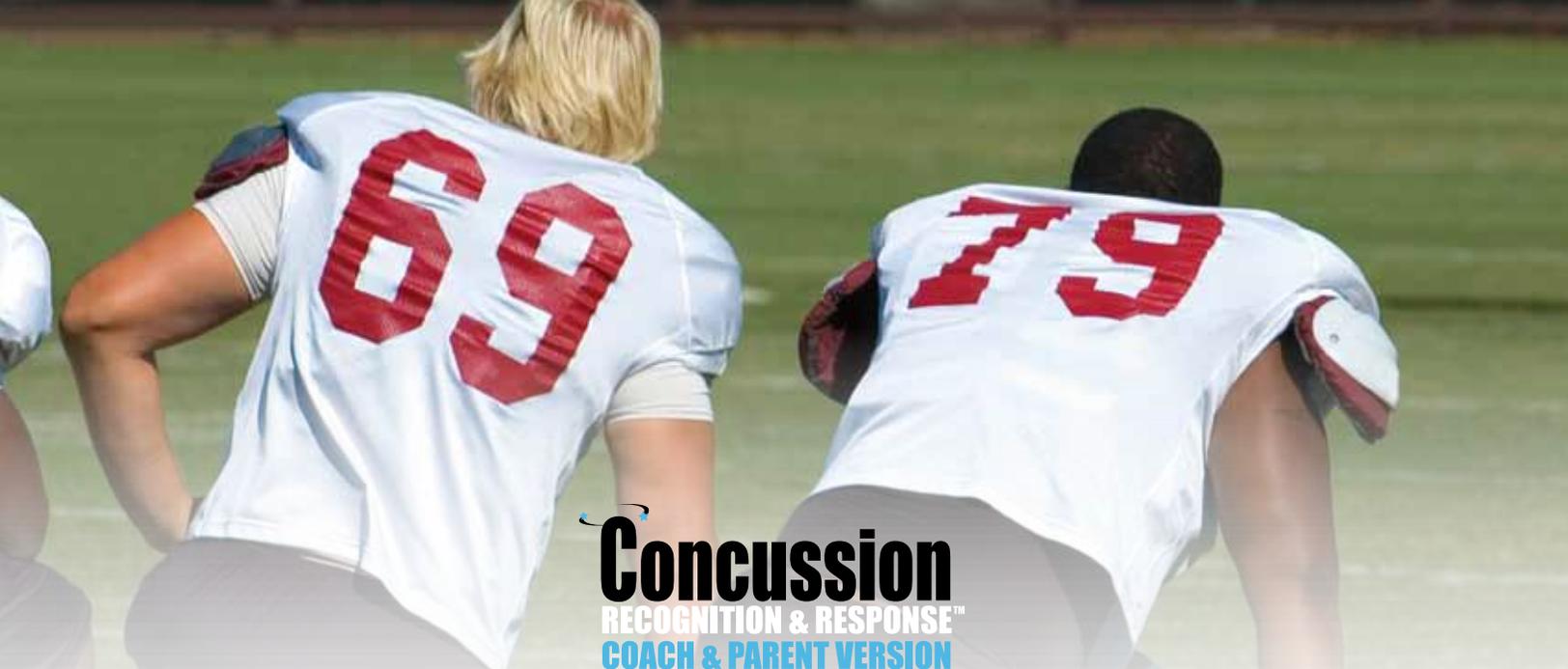
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SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balances problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Does not "feel right"



202-476-2429



Concussion

RECOGNITION & RESPONSE™
COACH & PARENT VERSION

Suspect a Concussion?

Let the Concussion Recognition & Response™ App help you decide how to proceed . . .

Assess whether an individual is exhibiting/reporting signs and symptoms of a suspected concussion with the Concussion Recognition & Response app. In less than 5 minutes, coaches and parents can go through a checklist of possible signs/symptoms to determine whether to remove the child from play and the need for further medical examination. The app also provides home symptom monitoring for post-injury follow up.

Developed by concussion experts Gerard A. Gioia, PhD, and Jason Mihalik, PhD, the app is based on information from the CDC's "Heads Up: Concussion in Youth Sports" program. Guiding the user through a list of possible symptoms, the app helps coaches and parents make informed decisions about next steps following a suspected concussion.

Concussion Recognition and Response. Guided questions help determine the likelihood of a suspected concussion based on observations by the parent or coach and/or symptoms reported by the athlete. A GPS records where the incident took place; a camera enables you to photograph the injured party; email allows you to forward accurate information and documentation to a health care provider.

Home Symptom Monitoring (HSM). After follow-up with health care providers, the app enables a parent or caregiver to record a child's symptoms through periodic evaluations, which are tracked during the hours, days, or weeks following an injury. This information can be emailed to the health care professionals, providing an update on the athlete's recovery.

Return-to-Play Guide. Based on information provided by the CDC, the Return-to-Play Guide helps to protect children and athletes from further injury by guiding them through a daily exercise routine that assists in their ability to return to play. Through a five-step, tiered workout routine and in collaboration with the child's health care provider, parents and coaches can ensure that the child is able to handle added exercise without further injury or discomfort.

ACE Post-Concussion Home/School Instructions. The app's concussion information section provides general information about concussions along with targeted answers to Frequently Asked Questions for parents and coaches.

Customized themes. Through an in-app purchase, you can customize the look-and-feel of the app with sport-related themes. Currently available for purchase are hockey, football, and lacrosse—with more coming soon!

For your iPhone®, iPad®, iPod® Touch, Android device or tablet!

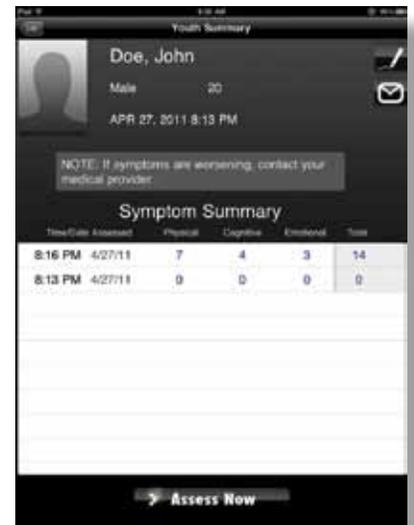
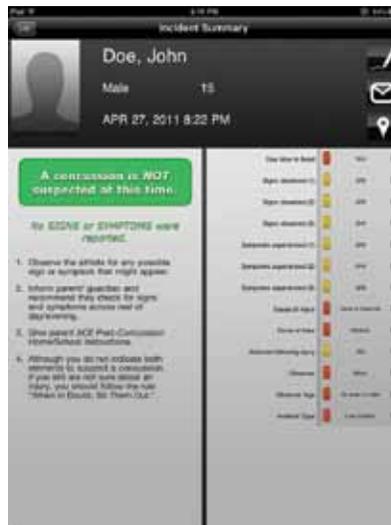
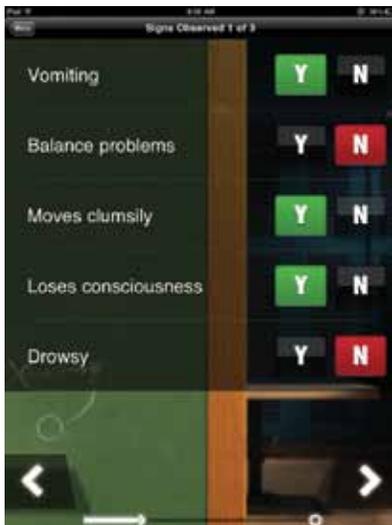
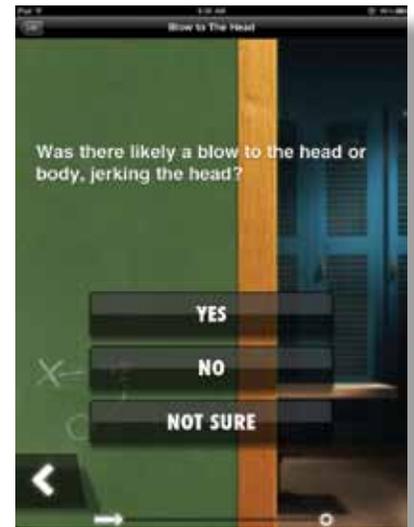
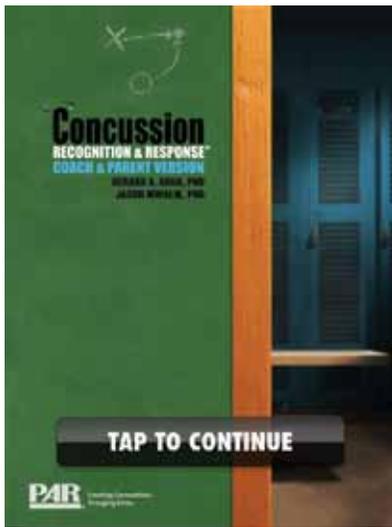
Must have iOS version 4.0 or higher on your iPod® Touch, iPhone®, iPad® or Android version 2.1 or higher for your mobile device or tablet.

Available soon at the Apple® App StoreSM or Android Marketplace!

See screenshots →

15% of all proceeds from the sale of this app will be donated to support concussion research!

(Donations go directly to the Children's National Medical Center and the Matthew A. Gfeller Sport-Related Traumatic Brain Injury Research Center.)





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Concussion Resources for Coaches & Parents

The following resources are aimed at helping and educating coaches and parents of youth and high school level athletes about concussions. Other useful and informative resources can be found on the **SCORE website**: <http://childrensnational.org/score/>.

CDC Concussion Resources: <http://cdc.gov/concussion/>

Heads Up: Youth Sports: <http://www.cdc.gov/concussion/HeadsUp/youth.html>

Heads Up: High School Sports: http://www.cdc.gov/concussion/HeadsUp/high_school.html

Video Resources:

Name:	Organization	Sports Orientation	Video Length	Link:
Heads Up Online Training Course	CDC	Youth Sports- includes variety of sports	~ 40 min (total with tests)	http://cdc.gov/concussion/HeadsUp/online_training.html
Concussion Awareness	USA Football, CDC	Football	12 min	http://videos.usafootball.com/video/Concussion-Safety
Concussions in Football: Signs, Symptoms and Playing Safe	NAN, NATA, NFL	Football	12 min	http://www.nanonline.org/NAN/Home/Home/FootballVideo.aspx
Concussions in Hockey: Signs, Symptoms and Playing Safe	NAN, NATA, NHL, NHLPA	Hockey	12 min	http://www.nanonline.org/NAN/Home/Home/HockeyVideo.aspx
Concussions in Lacrosse: Signs, Symptoms and Playing Safe	NAN, NATA, US Lacrosse	Lacrosse	12 min	http://www.uslacrosse.org/UtilityNav/AboutTheSport/HealthSafety/ConcussionAwareness/Video.aspx
ACTIVE: Athletic Concussion Training for Coaches	Oregon Center for Applied Science	Youth: Multiple sports	20 min	http://activecoach.orcasinc.com/
Youth Sports- Head Injury Guidelines and Procedures	WIAA, Harborview Medical Center, UW Medicine, Seattle Children's, BIAWA	Youth: Multiple sports	14 min	http://www.mywiaa.org/lystedt/default.htm
Concussion in Sports- What you Need to Know	NFHS, CDC	High School; multiple sports	~25 min	http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000
Play Smart; Understanding Sports Concussion	Brain Injury Assoc- Massachusetts	Multiple sports	2 separate videos (Students and Adults): 12 min each	http://www.biama.org/playsmart.html

If you think your athlete has sustained a concussion...don't assess it yourself.

Take him/her out of play, and seek the advice of a health care professional.

WHEN IN DOUBT, SIT THEM OUT!