

The Facts About

Concussions:

How can I recognize a possible concussion?

Watch for both:

▶ A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head

AND

▶ Any change in the athlete's behavior, thinking, or physical functioning

Signs observed by coaching staff:

- ▶ 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 mood, behavior, or personality changes
- ▶ Can't recall events prior to or 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 and/or noise
- ▶ Feeling sluggish, hazy, foggy, or groggy
- ▶ Concentration or memory problems
- ▶ Confusion
- ▶ Does not "feel right" or is "feeling down"

Concussion action steps:

- ▶ Consult your school's Certified Athletic Trainer or team physician
- ▶ Educate your certified athletic trainer, team physician, parents, players, and coaches
- ▶ Remove athlete from play
- ▶ Obtain written permission to return to play from a medical practitioner trained in the field of concussion management

For more info, please visit websites below:



matthewgfellerfoundation.org



InjuredKids.org



cdc.gov/concussion/sports



nata.org