



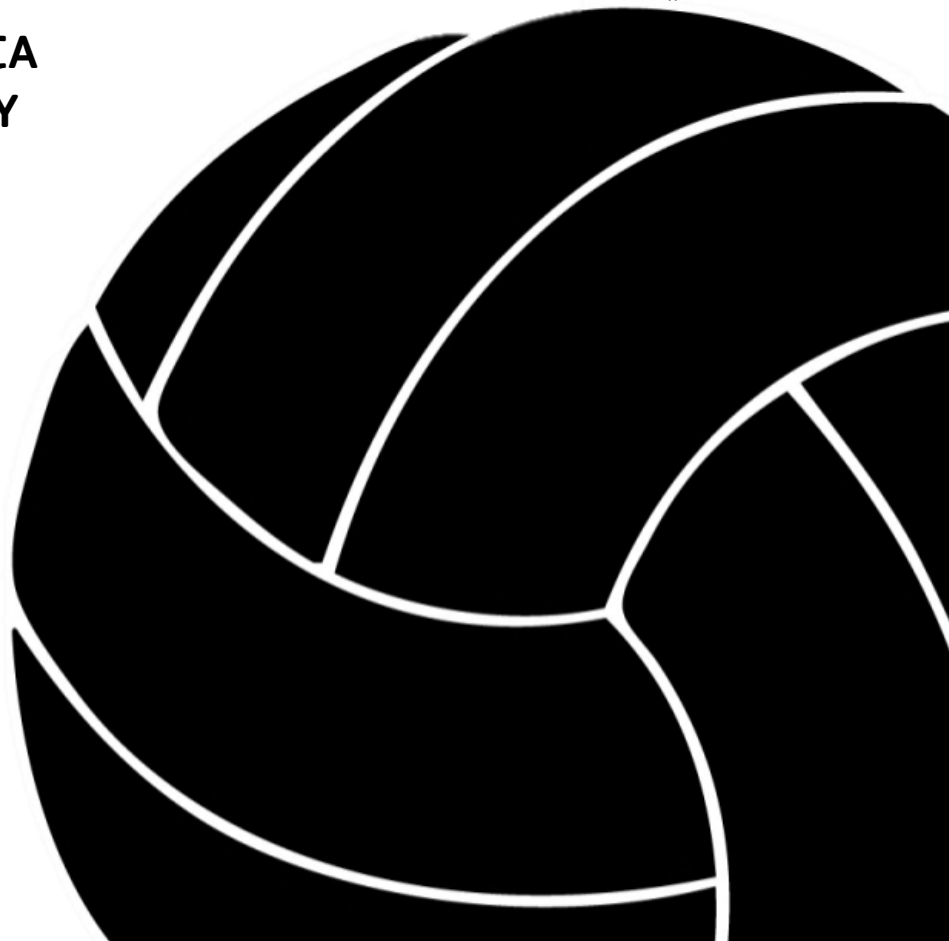
**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BETTER TOGETHER

YMCA Youth Sports

Parent Handbook

**LAGUNA NIGUEL FAMILY YMCA
29831 CROWN VALLEY PKWY
LAGUNA NIGUEL, CA 92677
(949) 495-9622**



Dear Parents,

Welcome to the Laguna Niguel Family YMCA's 2024 Youth Volleyball League. Our hope is that your child has a youth sports experience that will be challenging, rewarding and exciting.

Our volleyball program is designed to provide boys and girls between the ages of 7 to 15 the opportunity to learn and develop the basic fundamentals of volleyball; while encouraging team participation and leadership to achieve a common goal, in a positive and fair environment.

Our goal is that each child will receive more than just the basic volleyball skills. Each child will learn and grow within the four core values of the Y: caring, honesty, respect, and responsibility.

Please feel free to ask any questions or to make any helpful comments about the YMCA Youth Volleyball League. Youth volleyball works best when families take an active role in their child's participation and development of the program. We encourage your feedback and welcome your assistance in the program.

The YMCA's Youth Volleyball Program utilizes volunteer coaches. The Y staff assist during practices and games. If you are interested in volunteer coaching please reach out to Kassidy Morse:

kmorse@ymcaoc.org

Thank you for your support of this fantastic youth program. We hope you and your child have many more wonderful YMCA experiences!

Sincerely,

YMCA Sports Department

Dates (Subject to Change)

TBD

First Practice

Practices for every team will begin this week and will be 45 minutes to an hour in duration. Typically, practices are scheduled in the late afternoon/evening. All practices will take place at the Laguna Niguel YMCA basketball gym.

TBD

First Season Game

All division games will begin on this date. Details regarding each game schedule is specific to age division. Games are played on Sundays.

TBD

Picture Day

A sports photography company will be coming to the YMCA to take team photos for each team on this date. Team and individual pictures will be available for purchase. Order form will be distributed prior to picture day. Teams will need to arrive 30 minutes early to their game for their pictures. All players will be present in team photo regardless of photo purchase.

TBD

Allstar Games

Allstar games for the league will take place on this date. Practices will take place the week prior. Staff elected Allstar teams will play against Allstar teams from the Fullerton YMCA. Staff will elect the top players in the league to be a part of the team. Those players will be notified when the event comes.

TBD

Playoffs Begin

Playoffs for the 7-9, 10-12, and 13-15 age division begin. 1st place will play 4th place and 2nd place will play 3rd place.

TBD

Last Season Game/Championship Game

All season games will end on this date for all age divisions. 7-11 and 12-15 will have the championship game or a consolation game. Team parties will follow this game.

TBD

End of Season Team Parties

All teams will have their end of season celebration on either of these dates. Celebrations will take place at the YMCA following your teams last game. Food will be provided for the players and coaches will distribute medals, certificates, and team pictures.

Important Information

Assessments

All players that are registered will participate on a team. This is NOT a "tryout". Teams are put together based on player's skill level, coach availability and court availability. Following the assessments, your child will be placed on a team, be patient as we form teams, and set practices for the league. You will be emailed with your team placement information by the Friday before practices start.

Uniforms

All players are required to wear the YMCA uniform to games. Uniforms are included in the registration fee. Any bottoms can be worn with the top provided.

YMCA YOUTH SPORTS

PROGRAM OVERVIEW

Mission Statement: The YMCA of Orange County puts Christian principles into practice through programs that build spirit, mind, and body for all.

Program Vision: The Laguna Niguel Family YMCA is dedicated to providing a progressive sports program for children emphasizing skill development, character development, sportsmanship, safety, member involvement, and most of all - FUN!

Philosophy: The foundation of YMCA Youth Sports philosophy is built upon the following seven pillars:

- Pillar 1: Everyone Plays
- Pillar 2: Safety First
- Pillar 3: Fair Play
- Pillar 4: Positive Competition
- Pillar 5: Family Involvement
- Pillar 6: Sport for All
- Pillar 7: Sport for FUN!

Program Values: Respect, Responsibility, Honesty, and Caring.

Program Goals: The YMCA Youth Sports Program is designed to teach children the fundamentals of sports through drills, practice, and games. The goals of the program are to:

- Have FUN!
- Build self-esteem
- Teach social skills, values, communication, and human relations
- Teach and encourage lifetime fitness
- Build relationships among peers and between parent and child
- Teach teamwork, fair play, and encourage positive sportsmanship
- Support and strengthen family life
- Develop responsibility, decision making, and leadership skills
- Create a positive learning environment for children and parents

Curriculum: The YMCA curriculum teaches children individual skills, tactics and team skills, rules and traditions of the sport. Children will learn about fitness, safety, positive attitudes, and fair play. The comprehensive curriculum prepares kids to do more than be winners on the court... it prepares them to be **winners for life!**

YMCA YOUTH SPORTS PROGRAM POLICIES AND PROCEDURES

1. PLAYERS

- a. Every player should have an opportunity to experience each position by the end of the season.

2. PLAYER UNIFORM & EQUIPMENT

- a. All players will be issued a uniform to wear during games.
- b. Players' names are not allowed on team uniform for safety reasons.
- c. Sneakers or gym shoes must be worn at all times. **NO BLACK SOLED SHOES.**
- d. All equipment must be used properly; safety is of the utmost importance.
- e. Players should bring water and a ball to all practices and games.
- f. Participants are **NOT** allowed to wear jewelry, casts, or other objects that might constitute a hazard during games and practices.
- g. Knee pads are recommended but not required.

3. COACHES

- a. Each team will be assigned a head coach.
- b. Coaches will demonstrate and teach positive sportsmanship and encourage the development of program values.

4. PARENTS

- a. Parents **MUST** attend all practices, games, and events when possible.
- b. Every parent is responsible for reading the YMCA Youth Sports Handbook and following the guidelines set forth in the YMCA Youth Sports Parents Code of Conduct.
- c. Parents must be present at the YMCA facility for all practices and games. **Players under the age of 14 may not be dropped off and picked up after practice.** Parents who are members are welcome to use the facility and work out while their child is at practice.

5. PRACTICE

- a. Players and parents should arrive on time with the proper equipment.
- b. Parents **MUST** be present at all practices and activities.
- c. Parents are encouraged to participate and assist
- d. Parents must email director and coach if a player will not be attending practice for absence to be considered excused. If player misses 4 practices without emailing director and coach player will be unable to start in the next game.

6. GAMES

- a. Each game will last approximately 45 minutes
- b. Games will be played best 2 of 3 sets
- c. There must be 4 players present at game time to avoid forfeit.

7. THE COURT

- a. Playing areas are to be inspected before play to prevent hazardous conditions.
- b. Net height for 7-11 will be 6'6". Net height for 12-15 will be 7'4"

8. EMERGENCY PROCEDURES & FIRST AID

- a. All attempts will be made to prevent incidents before they occur by exercising caution when dealing with equipment and following safety procedures.
- b. A first aid kit will be available at every court for practices and games.
- c. Contact the nearest YMCA staff member as soon as an incident occurs.
- d. Coaches should only perform basic first aid to the extent of their qualifications.
- e. A YMCA incident report should be completed immediately following the emergency/incident.
- f. Any player who is bleeding must leave the court immediately to receive medical treatment. The child may not return to play until the bleeding is stopped, the wound is covered, and there is no visible blood on the player.

9. CHILD ABUSE PREVENTION PROCEDURES

- a. Parents should be present at all activities.
- b. An adult (other than the child's parent/legal guardian) should never be alone with a child.
- c. Transportation is the responsibility of the player's parents. The coach and/or team parent is not responsible for transporting players. YMCA insurance does not cover transportation for parents or volunteers.
- d. All coaches are required to be CAP Volunteer trained.

10. SPORTSMANSHIP

- a. Good sportsmanship should be demonstrated at all times.
- b. Bad sportsmanship and negative behavior will not be tolerated.
- c. All games will conclude with a positive cheer and high fives for the opposing team.
- d. Coaches and players are encouraged to cheer positively for players on both teams.
- e. Players, coaches, spectators and parents are encouraged to cheer positively for players on both teams.

11. REFUNDS

- a. Refunds for the full amount of the program may only be given up to 48 hours prior to the program starting. The program start date is the day of your participants first practice.
- b. No refunds will be given after the program start date.

12. HAVE FUN!

YMCA YOUTH SPORTS

YMCA VOLLEYBALL RULES

The Game:

- A game consists of 25 points, and you must win by 2 points
- A match consists of 2 games to 25 points and a 3rd game to 15 if necessary. The team who wins 2 out of the 3 games wins the match.
 - o *The game to 15 will only be played if necessary or if time permits*
- A point is scored on every play.
- Three or less hits are allowed on each side. A block does not count as one of the three touches but it does count as your team contacting the ball if it lands out of bounds.
- A player cannot touch the net or go over the middle line
- The ball can touch the net at any time and still be in play
- The same person cannot hit the ball twice in a row (unless the first touch is a block)

Court Lines/Boundaries:

- A foot fault occurs when the server steps on or over the service line
- The sidelines mark the left and right sides of the court, and are 10 yards apart
- All lines are "in" so any ball that hits the line is considered good or in-bounds
- The ball CANNOT be played off the walls, ceiling, or basketball hoops

Teams:

- A team consists of 6 players on each side of the court at one time.
- Player positions are Middle Hitter(M), Outside Hitter(OH)/Right Front(OPP) and Setter(S)

Serving:

- The ball is served by the player in the right back position (but you may stand anywhere behind the baseline.
 - o *The same player will continue serving the ball until the other team scores a point and earns the serve*
- All players must be on the court during the serve, except the server
- After the serve, all players are allowed to go out of bounds to hit the ball.
- When a team loses the serve it is called a side out.
- In the 7-11 division, there is a 5 serve maximum, meaning if your child serves 5 times in a row, after that rally, the serve will go to the other team and whoever won that rally will get the point. All serves may be underhand.
- In the 12-15 age division, there is no cap on serves. Serves must be overhand. Players are allowed 3 tosses, on the 4th toss they must serve or it is the other teams point.

Rotations:

- You only rotate when you win the serve to rotate, your team will move one position in a clockwise direction
- Players ages 12-15 may be given a position during games.
- The positions used in the YMCA league are Middle (M), Outside (OH), and Setter (S). The players may be assigned a position and be expected to perform the duties of that position at practices and games.

Basic Volleyball Hits:

- Bump/Pass – used to pass the ball to a teammate. Hands together, arms straight, bend your knees. Contact the ball on forearms and shoulder shrug the ball up.
- Set – used to set up a teammate for a spike. Create a triangle with your thumbs and pointer fingers, elbows out to the sides, bend your knees, use your fingertips, and push the ball without flicking your wrist.
- Spike/Hit – a ball which is a hit from above the net in a downward manner toward the other side of the net. Contact the ball above your head and snap your wrist to send the ball down faster.
- Underhand Serve – Keep the ball at waist level, do not toss the ball, step with your opposite foot and contact the ball with the palm of your hand
- Overhand serve – toss the ball up with your opposite hand, step with your opposite foot and contact the ball the palm of your hand.
- **The most successful way to play in a 3-hit succession is to PASS-SET-SIT.**

Injury Rule: If a player is hurt and is not ready to play when the referee blows the whistle to continue the game, that player will have to come out and be replaced. The injured player can come back into the game when he/she is physically and mentally able to.

7-11 Age Group

Ball: Volley-Lite

Net Height: 6'6"

Serving: 5 serve maximum per player

12-15 Age Group

Ball Size: Standard

Net Height: 7'4'

Serving: No serve limit

Other Rules

Forfeit: If a team has less than 4 players, the game is considered a forfeit. The teams may scrimmage. No player will be allowed to play for another team in an official game where the score is being kept. In scrimmages, teams are allowed to be mixed.

Substitutions: Players do not enter the game until the referee signals them to come in.

Conduct: Unsportsmanlike conduct on part of the players, coaches, or parents will not be tolerated. The occurrence of such conduct will result in the player/coach/parent being asked to leave the premises. The coach is responsible for the actions of his/her team, which includes his/her bench and parents. No horns or whistles will be allowed in the gym. Foul language will not be tolerated. Parents/Players: Cheer for your team and applaud even when opposing team is doing well. Teach our kids how to play sports the right way.

Have Fun: The YMCA promotes the "Everyone is a Winner" philosophy. We keep score in our games, but every player can leave the gym proud of their effort and attitude, regardless of the final result. Adults should reinforce these values by creating a relaxed atmosphere so the kids can have fun and play to their potential.

Volleyball Vocabulary

ACE - A serve hit so well it is not returned

ANTENNA- The red and white striped pole connected to the net that indicates in and out boundaries. (If the ball hits the antenna the ball is out)

BASELINE/ ENDLINE - The back line on a volleyball court

BLOCK - To stop the ball from coming over the net

BUMP/PASS - The first of three hits in volleyball, when you put your hands together and lift the ball with your forearms

DEEP- The ball is going to the back of the court (behind the 10-foot line)

DIG - To dive for a ball, reaching out and hitting the ball up with one hand, keeping the ball alive

FOOT FAULT - To step on or over the baseline while serving

GAME POINT- One point away from a team winning the game

KILL - A successful spike

RALLY - Both teams successfully hitting the ball back and forth over the net

ROLL SHOT - To come underneath the ball and roll your hand on top of it to create spin to push the ball over the net

ROTATE - The team moves clockwise, every time it receives the serve

SERVE - The ball is hit from behind the baseline over the net to the opposing team, to begin play

SET - The second hit of three hits, where the setter positions the ball high and near the net for a player to hit

SHORT- The ball is coming close to the net (In front of the 10-foot line)

SIDEOUT - This is the name in volleyball for when the receiving team wins the serve

SIDELINE - The boundary line on the side of the court

SPIKE/HIT - The third hit of three hits designed to win the rally by hitting the ball down to the floor on the opponent's side

TEN FOOT LINE - The line ten feet from the net which back-row players may not cross to spike the ball and where front row players want to begin their approach to hit

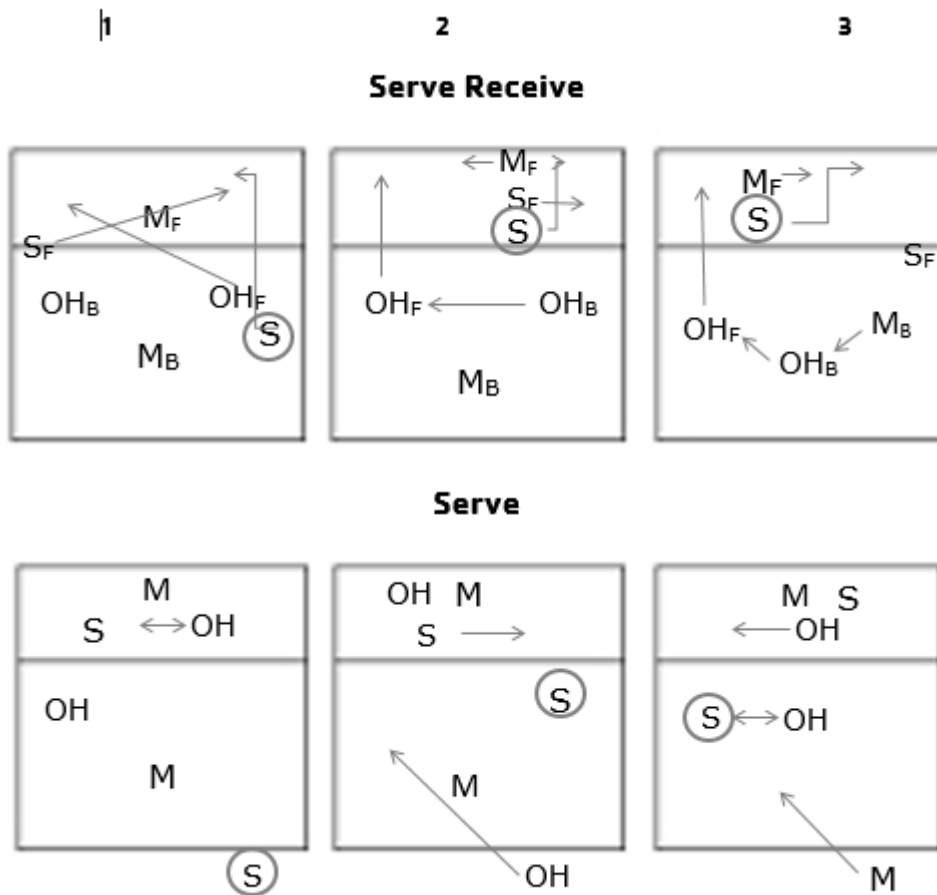
TIP - To barely tap the ball over the net

VOLLEY - To hit the ball before it hits the floor

Rotations

Players ages 12-14 may be given a position and may utilize rotations during games. Rotations are a newer aspect to volleyball and are standard for this age group to know and play with. Additionally, players who are looking to try out for high school or club teams will be expected to know rotations. It is important to encourage your child to review rotations to ensure that they are able to perform well during games.

Rotations are set positions that players stand in so that they are able to move to their position with ease. The positions used in the YMCA league are Middle (M), outside (OH) and Setter (S). The players will be assigned a position and will be expected to perform the duties of that position at practices and games. Below are the rotations that the players will be using this season. Please review them to help better understand the game. The subscripts in serve receive indicate which player is in the front row (F) and the back row (B).



If you have questions in regards to rotations, please email the sports director or speak with your child's coach at an appropriate time. Although overwhelming and a bit confusing on the surface, rotations help to enhance the competitive level, skill and enjoyment of the game by emphasizing positioning, 3 touches and teamwork.

YMCA's Recommended Tips for a Successful Season

Keep communication with your coach throughout the season:

- Make your coach aware of any vacations or extended absences beforehand
- Contact your coach or director if you are going to miss a practice or game due to illness or injury as soon as possible

Do your best to create a positive environment:

- Don't speak negatively about players, coaches or referees at home or at the gym
- Notice the little improvements your child is making in volleyball and let him/her know about it
- Only positive comments during games; please keep negativity to yourself
- Please refrain from coaching from the sidelines and keep cheering to positive encouragements only such as "nice hit" "good play" Go *team name*" etc. rather than directions and yelling.

If you discuss, comment or give criticism:

- Speak privately with other parents, volunteer coaches or YMCA staff
- Be respectful if giving criticism. We are all here for the development and growth of the children.
- Recognize and understand that we all have strengths and weaknesses. Don't miss an opportunity to better yourself as a parent and role model.
- Talk to your coach if you have any comments, concerns or suggestions for the team, league or your child. Please ensure that when speaking to your coaches that you have chosen a good time to speak with them. Before or during a game or practice is never a good time to start a conversation with your coach. Ensure that they have time to speak with you by asking for a word with them so that you are not interrupting other practices or games.

To get the most out of this season:

- Encourage your child to practice at home
- Bring your child to every practice and game possible
- Take an interest in the game by watching games on TV, reading books, and researching online
- Enjoy yourself! Volleyball is a wonderful experience in the proper environment. Its fast paced, intense action. But don't let competition, ego, wins or losses stand in your way of enjoying the game. This goes for players, parents and coaches!

Let's all do our part in making this a great a season!

PARENTS' GUIDELINES FOR CONDUCT ON THE SIDELINES

1. Remember we want to keep a positive learning environment for all participants and spectators.
2. Acknowledge the YMCA's Core Values: Respect, Responsibility, Caring and Honesty.
3. Respect and accept the rules and regulations of the game.
4. Emphasize and encourage the value of lifetime fitness and living a healthy lifestyle.
5. Respect the integrity and judgment of the game officials.
6. Create an enjoyable atmosphere for all members.
7. Always demonstrate friendly and courteous attitudes toward opponents, coaches, spectators, and officials.
8. Spectators should never harass the officials, players or coaches. Be positive to all participants regardless of skill level.
9. Siblings should be seated next to you watching the game cheering their sibling on. They cannot be wandering about the YMCA or climbing on the bleachers.
10. If you would like to speak with your coach, please ensure you are not interrupting the flow of games or practices. Coaches often have other duties to attend to once games and practices are finished. If you would like to speak with your coach, please check that they have time to speak with you before starting a conversation.

LAGUNA NIGUEL YMCA FACILITY AND GYM RULES

1. Children under the age of 5 are only allowed in locker rooms with a parent or guardian
2. Keep cell phone usage to a minimum
3. The YMCA is not responsible for lost or stolen items
4. Do not leave personal belongings in lockers overnight
5. No running in the facility besides in the gym or on treadmills
6. Only non-marking athletic shoes are allowed in the gym. Athletes cannot wear sandals or street shoes in the gym
7. No food or gum are allowed in the gym
8. Please dress appropriately for activity in athletic shoes, shorts, pants and shirts; which must be worn at all times.
9. Spitting, profanity and hanging on the basketball rims are not prohibited and could result in removal from the facility.
10. Members must respect all YMCA staff, athletes, referees and equipment.
11. Members under the age of 14 must be accompanied by a parent in the facility.
12. All members must enter and exit through the front door of the YMCA unless otherwise instructed to do so by YMCA staff.
13. All YMCA members are expected to practice good sportsmanship while honoring the organizational values of Caring, Honesty, Respect and Responsibility.
14. Parents must take children under the age of 13 to the restrooms; older siblings cannot take younger siblings.
15. Spectators must remain in the gym watching games or practices. Spectators are not allowed to use the equipment in the gym unless they are members and their child's game is during normal business hours.
16. On Sundays, KidZone is closed. Children may not play on the KidZone during their siblings' games even if a parent is watching them.

YMCA YOUTH SPORTS
CHILD'S HEALTH STATEMENT, MEDICAL AUTHORIZATION,
PARENT CODE OF CONDUCT

Child's Health Statement:

As the parent/guardian of the above named child, I, the undersigned understand that at a YMCA Sports Program, physical activity is a regular part of the program. To the best of my knowledge, my child is in excellent physical health and needs no restrictions from strenuous activity. If I have any questions regarding my child's health, I understand that it is my obligation to seek professional medical advice and to inform the YMCA of any restrictions on my child's activities.

Medical Authorization:

As the parent, authorized representative, or legal guardian, I hereby give consent to the YMCA to provide emergency dental or medical care prescribed by a duly licensed physician (M.D.) dentist (D.D.S.) or osteopath (D.O.) for the above name child. This care may be give under whatever conditions are necessary to preserve life, limb or well-being of the child above.

Parent Code of Conduct:

As a spectator, the expectation is to treat all players, coaches, staff, and other spectators with respect. Cheering for your team is encouraged but the staff and referees reserve the right to ask any parent to leave the facility for use of profanity, arguing, making demeaning comments towards any player, coach, referee, or staff member. Referees can also apply technical fouls towards the teams coach on behalf of fans who do not follow the code of conduct.

YMCA YOUTH SPORTS
PHOTO AND VIDEO/AUDIO RECORDING RELEASE

From time to time, the YMCA of Orange County takes pictures and/or videos of members/participants while in the normal operation of YMCA programs. Most photos/video are used exclusively within the specific program as postings on bulletin boards, such as to document a service learning project that youth are leading as a part of a designated YMCA activity. Occasionally, the YMCA uses photos, video, and/or audio recordings to share with the community the variety of experiences and opportunities available at the YMCA. In the event that the YMCA of Orange County uses any photos/video/audio footage for external publication purposes the following release is required.

For my participation (or my child's) in activities to be conducted by the YMCA of Orange County, I hereby give my permission and consent to the YMCA of Orange County to print, reproduce, edit, broadcast video film, footage, sound track recordings of me (or my child) for publication, display, sale or exhibition thereof in promotions, advertising and legitimate business uses without any compensations, and/or claim, by me. I agree that the photograph/video/audio become the exclusive property of the YMCA of Orange County and I waive all rights hereto. I represent that I am over the age of eighteen (18) years and I have read the foregoing and fully understand its contents.

No modifications of this agreement shall be of any effect unless it is made in writing and signed by all parties in the agreement.

Concussion Policy

In order to keep our children protected and safe we ask that all parents and guardians read the Concussion Fact Sheet below.

Concussion INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

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.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the 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* a hit or fall

Symptoms Reported by Children and Teens

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

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil 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 (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

▶ **Children and teens** who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

