



What Parents, Athletes, Coaches, and Teachers Need to Know About a Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion, and in most cases is not. Head injuries are much different than injuries to other parts of the body and therefore need to be treated in a different manner. Scientific studies show that brain injuries in children and adolescents take longer to heal than those same injuries in adults. The following are guidelines that are to be followed when an athlete suffers a head injury.

Signs & Symptoms of a Concussion

Coach, Parent, Referee, or Teammate Observes:

- Loss of Consciousness, even temporarily
- Appears dazed or stunned.
- Appears confused.
- Forgets plays/assignments for plays
- Unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Show behavior or personality changes (irritability, depression)
- Can't recall events prior to or after the injury.

Athlete Reports These Symptoms:

- Headache
- Nausea
- Balance problems or dizziness
- Double, fuzzy, and/or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

Removal from Play – “When in Doubt, Sit them Out”

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as the lists above) shall be removed immediately from the event and shall not return to play until cleared by an appropriate health care professional. The participant's parent or guardian must be informed that they had a suspected concussion and what signs or symptoms were observed and any treatment that was provided.

Return to Play

Following a suspected concussion, the participant can only return to play with permission from a health care professional and a written clearance to return to athletic activity.