## HEADS UP CONCUSSION ACTION PLAN



# IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE TAKE THE FOLLOWING STEPS:

- 1. Remove the athlete from play.
- Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
- 3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
- 4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

### "IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON."



## CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

#### 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
- Just not "feeling right" or is "feeling down"

#### 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 hit or fall

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