



200 LaCrosse Street Wisconsin Dells, WI 53965

phone 608-253-6787 fax 608-253-6050 email info@justagamefieldhouse.com
www.justagamefieldhouse.com

Attention Coaches, Parents, Spectators and Players,

The safety and medical needs of participants at JustAgame are the responsibility of the respective player, family and teams that are participating. JustAgame does not staff an athletic trainer, therefore coaches and parents must act as decision makers for youth participants in need of medical assistance.

We want to provide you with the necessary information for you to make the best decision for your player based on their needs.

Below you will find information regarding certain medical issues and facilities available to you:

Emergency Phone Numbers

Emergency - 911

Non-Emergency Police Department – 608-253-5300

Non-Emergency EMT – 608-253-1611

Urgent Care Facilities

Dells Clinic – 608-253-8070

1 Mile East of JustAgame

Weekdays – 12-8PM Weekends 9-5PM

1310 Broadway

Wis. Dells, WI 53965

Lake Delton Clinic – 608-254-5959

3 Miles Away across from Wilderness Resort

7 Days a week 9AM-8PM

520 Wisconsin Dells PKWY

WIs Dells, WI 53940

St. Clare Hospital – Baraboo 608-356-1455

12.4 Miles South of JustAgame

Weekdays 3PM – 10PM Weekends 9AM-9PM

707 14th St.

Baraboo, WI 53913

Divine Savior – Portage 608-742-4131

17.1 Miles East of JustAgame

Urgent Care 11am-11PM Emergency Room 24 Hours

2117 New Pinery Rd.

Portage, WI 53901



KNOW YOUR CONCUSSION ABCs

Assess the situation Be alert for signs and symptoms Contact a health care provider

Wisconsin Fact Sheet for Athletes

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can occur during practices or games in any sport or recreational activity.

What are the signs and symptoms of a concussion?

Unlike a broken arm, you can't see a concussion. Most concussions occur without loss of consciousness. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how you are feeling, if symptoms are getting worse, or if you just "don't feel right." If you think you or a teammate may have a concussion, it is important to tell someone.

COMMON SYMPTOMS OF A CONCUSSION:

Tell someone if you see a teammate with any of these symptoms:

Tell someone if you feel any of the following:

- Appears dazed or stunned
- Forgets sports plays
- Is confused about assignment or position
- Moves clumsily
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump, or fall
- Can't recall events after the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes

Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

Changes in your normal sleep patterns.



Materials adapted from the U.S. Department of Health and Human Services Centers for Disease Control and Prevention

