

GBA Concussion Protocol

If you think an athlete may have a concussion, typical protocol includes but is not limited to the following:

1. Remove the athlete from play. Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, keep the athlete out of play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Check them for concussion danger signs. An athlete experiencing concussion danger signs needs to go to the emergency department right away.
3. Recording the following information can help health care professionals in assessing the athlete after the injury:
 - Cause of the injury and force of the hit or blow to the head or body
 - Any loss of consciousness (passed out/knocked out) and if so, for how long
 - Any memory loss immediately following the injury
 - Any seizures immediately following the injury
 - Number of previous concussions (if any)
4. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional who is experienced in evaluating for concussion.
5. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says he/she is symptom-free, and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first concussion—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

When in doubt, sit them out ! Keep athletes safe !

Concussion Symptoms and Signs

SYMPTOMS REPORTED BY ATHLETE

- Bothered by light or noise
- Dizziness or balance problems
- Feeling tired, no energy
- Headaches
- Nausea or vomiting (early on)
- Vision problems
- Attention or concentration problems
- Feeling slowed down
- Foggy or groggy
- Problems with short- or long-term memory
- Trouble thinking clearly
- Anxiety or nervousness
- Irritability or easily angered
- Feeling more emotional
- Sadness
- Sleeping less than usual
- Sleeping more than usual
- Trouble falling asleep

SIGNS OBSERVED BY COACH, PARENT, or OFFICIALS

- Appearing dazed, stunned, or confused about recent events
- Sudden difficulty remembering or concentrating, especially on topics or activities that would otherwise hold their attention
- Answering questions more slowly than usual
- Appearing more clumsy than usual, seeming unsteady on their feet
- Vomiting right after the injury without other causes, such as a virus
- Suddenly slowed reaction times
- Mood, behavior, or personality changes

CONCUSSION DANGER SIGNS

It can be hard to tell the difference between a possible concussion and a more life-threatening brain injury. Call 911 or go to your nearest emergency department if you notice any of the following danger signs following a bump, blow, or jolt to the head:

- Convulsions or seizures (shaking or twitching)
- Not able to recognize people or places
- Repeated nausea or vomiting
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness with increasing drowsiness, inability to wake up, or inability to stay awake
- Slurred speech, weakness, numbness, or decreased coordination
- A headache that gets worse and does not go away
- One pupil larger than the other or double vision