

## Concussion Awareness and Prevention

The following policies on concussion awareness and prevention should be understood by all coaches, assistant coaches, managers, trainers, players and parents.

FHSAA is committed to maintaining and promoting a concussion awareness and safety recognition program, including the online Concussion Course offered by the Center for Disease Control and Prevention (CDC), [www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports).

FHSAA communicates in writing (including by electronic means), their concussion awareness and safety recognition program to all participants, coaches, and parents. It is important to maintain a clear understanding of concussions and their potential consequences, as well as how to recognize concussion signs and symptoms and how to respond.

FHSAA is focused on prevention and preparedness to help keep participants safe and learning the steps for returning to activity after a concussion. FHSAA will take the following five steps if it is suspected that a participant has a concussion:

1. If an athlete has experienced a bump or blow to the head or body, remove them from play. Look for signs and symptoms of concussion. When in doubt, keep the athlete out of play.
2. The athlete should be evaluated by a health care professional experienced in evaluating for concussion.
3. Record the following information to 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; and
  - 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 experienced in evaluating for concussion.

Keep the athlete out of play the day of the injury and until a parent, guardian or health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—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.