



What is a concussion?

A concussion is a traumatic brain injury that affects brain function. A concussion can be caused by any type of head injury, such as a hit or other trauma. Effects are often temporary but must be managed to promote healing.

How can I spot a concussion?

Concussion symptoms may show up immediately or days after the injury. Concussions are different for everyone. A concussed athlete may experience one or more of the following issues:

Athlete's Complaints	Thinking Issues	Observation
<ul style="list-style-type: none"> -Headache -Ringing in Ears -Nausea/ Vomiting -Dizziness -Vision issues -Fatigue -Dazed or stunned -Reports having "bell rung" 	<ul style="list-style-type: none"> -Confusion -Doesn't know game details -Trouble focusing -Can't follow direction -Loss of consciousness -Cannot remember what happened before or after injury 	<ul style="list-style-type: none"> -Poor balance/coordination -Blank stare/glassy-eyed -Slurred speech -Slow to answer questions -Inappropriate emotions -Not playing at a normal level -Loss of consciousness

Red Flag Symptoms:

Symptoms that require immediate medical attention include neck pain, loss of consciousness, one pupil larger than the other, decline of symptoms, increased confusion, seizures, repeated vomiting, or decreased coordination.

What should I do if I think an athlete has a concussion?

If you believe an athlete has experienced a concussion, immediately remove them from play. Do not leave the athlete alone or remove equipment. Report the incident to the team Athletic Trainer or Physician.

When can athletes return to play?

An athlete's return to play and school will be a gradual process. Concussion symptoms can last for weeks or longer if the athlete has had previous concussions.

The athlete will daily check in with a member of the Sports Medicine Staff for evaluation. Once symptom-free for 24 hours, the athlete can begin the return to play protocol and may return when cleared by a doctor.

How can I help my athletes take concussions seriously?

Athletes may not report a concussion because they do not know the risks, scared they will let down their team or lose their spot on the roster. As a coach, you have a responsibility to protect your athletes. Schedule a team meeting to discuss potential concussion risks!

How can I help keep my athletes safe?

Create a culture where fair play, sportsmanship, and rule following occur during practices and games. Assure equipment is in good condition, fits well, and worn correctly. Talk with your team about the need to speak up if they think they or a teammate has a concussion. **Insist that safety comes first!**

When in doubt, sit them out!