

CONCUSSION INFORMATION SHEET

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe.

Signs and Symptoms of a Concussion

Athletes do not have to be "knocked out" to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child's health at risk!

Signs Observed by Coaches, Officials, Parents or Guardians

Appears dazed, stunned or confused

Unsure about event, location of name of meet

Moves clumsily

Answers questions slowly

Loses consciousness (even briefly)

Shows behavior or personality changes – irritability, sadness, nervousness, emotional

Can't recall events before or after incident

Symptoms Reported by Athlete

Any headache or "pressure" in head - how badly it hurts does not matter

Nausea or vomiting

Balance problems or dizziness

Double or blurry vision

Sensitivity to light and/or noise

Feeling sluggish, hazy, foggy or groggy

Concentration or memory problems

Confusion

Does not "feel right"

Trouble falling asleep

Sleeping more or less than usual

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss practice or meets than the entire season... or risk permanent damage!