

# Signs and Symptoms that Indicate a Concussion

## \* SIGNS OBSERVED BY COACHING STAFF:

1. Appears dazed or stunned
2. Is confused about assignments
3. Forgets plays
4. Is unsure of game, score, or opponent
5. Moves clumsily
6. Answers questions slowly
7. Shows behavior or personality changes
8. Cannot recall events prior to hit
9. Cannot recall events after hit
10. Loses consciousness

## \* SYMPTOMS REPORTED BY ATHLETE:

1. Headache
2. Nausea
3. Balance problems or dizziness
4. Double vision or fuzzy vision
5. Sensitivity to light or noise
6. Feeling sluggish
7. Feeling foggy or groggy
8. Concentration or memory problems
9. Confusion

## \* ACTION PLAN TO FOLLOW WHEN YOU SUSPECT A PLAYER HAS A CONCUSSION:

1. Remove the athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the known or possible concussion and give them this fact sheet on concussions.
4. Allow the athlete to return to play only with permission from an appropriate health care professional.

*Information provided by the Dept. of Health & Human Services Centers for Disease Control & Prevention.*



## Home Management of a Concussion:

If your son/daughter experiences a concussion, or you suspect a concussion, it is critical to constantly monitor him/her for signs and symptoms. It is only necessary to wake an athlete while sleeping if they experienced a loss of consciousness, had prolonged amnesia, or are still experiencing SIGNIFICANT symptoms at bedtime. (The purpose of the wake-ups is to check for deteriorating signs and symptoms, such as decreased levels of consciousness or increasing headache, which could indicate a more serious head injury or late-onset complication, such as intracranial bleeding). If symptoms worsen, or new symptoms occur, take your child to the emergency room immediately! If you cannot wake your child, call 911 immediately!!

- Do not give any medication to decrease symptoms until instructed by a physician. This may mask symptom severity, and make it impossible for health care personnel to accurately monitor symptoms and severity of the injury. Acetaminophen (Tylenol) should only be taken after instruction from a physician.

*Concussions are EXTEREMLY important to manage correctly so that a more severe injury does not occur.*

## Return to Participation:

Return to participation after a concussion must be an objective decision. **NO ONE TEST OR ASSESSMENT TOOL SHOULD BE USED SOLEY TO DETERMINE RECOVERY OR RETURN TO PARTICIPATION.**

*On average, athletes required 7 days to fully recover after a concussion. Returning an athlete to participation should follow a progression that begins once the athlete is **COMPLETELY SYMPTOM FREE**. An exertion test will be administered (biking, jogging, sit-ups, and push-ups) to see if concussion symptoms are reproduced. If these exertion tests do not produce symptoms, either acutely or in a delayed fashion, the athlete can then participate in a **NON-CONTACT** practice. If there is a return of symptoms during or after the non-contact practice, the athlete is removed from participation and re-evaluated until symptom free. If there is no return of symptoms during the non-contact practice the athlete is permitted to practice in a **CONTACT** practice. If there is no return of symptoms during or after the contact practice, the athlete is cleared for participation in competition. However, if symptoms return during the contact practice the athlete will be referred to a physician.*

