**Head Injuries - How to Recognize a Possible Concussion**

**You should watch for the following two things among your athletes**:

* A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head and any change in the athlete’s behavior, thinking, or physical functioning.
* Athletes who experience ***any*** of the signs and symptoms listed below after a bump, blow, or jolt to the head or body should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it’s OK to return to play.

**If the above occurs, you should then watch for the following sign in your player:**

* Appears dazed or stunned
* Is confused about assignment or position
* Forgets an instruction
* Is unsure of game, score, or opponent
* Moves clumsily
* Answers questions slowly
* Loses consciousness *(even briefly)*
* Shows mood, behavior, or personality changes
* Can’t recall events *prior* to hit or fall
* Can’t recall events *after* hit or fall

**Symptoms Reported by Athlete:**

* Headache or “pressure” in head
* Nausea or vomiting
* Balance problems or dizziness
* Double or blurry vision
* Sensitivity to light
* Sensitivity to noise
* Feeling sluggish, hazy, foggy, or groggy
* Concentration or memory problems
* Confusion
* Does not “feel right” or is “feeling down”

If your player is exhibiting any of the above, they should immediately be removed from play. If you are not sure, remember…..**“When in doubt, sit them out.”**

The parent of a player exhibiting any of these signs should be advised to seek medical

attention right away.