

## **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.