



## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury – or TBI – caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth.

This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

## CONCUSSION SIGNS AND SYMPTOMS

A player experiencing any signs or symptoms below may have suffered a concussion.

Signs of a Concussion	Symptoms
<ul style="list-style-type: none"> <li>• Appears dazed or stunned.</li> <li>• Appears confused about assignment or position.</li> <li>• Forgets plays.</li> <li>• Unsure of game, score or opponent.</li> <li>• Loses consciousness (even briefly).</li> <li>• Shows behavior or personality changes.</li> <li>• Can't recall events prior to or after the hit or fall.</li> </ul>	<ul style="list-style-type: none"> <li>• Headache or pressure in the head.</li> <li>• Nausea or vomiting.</li> <li>• Balance problems or dizziness.</li> <li>• Double or blurry vision.</li> <li>• Sensitivity to light or noise.</li> <li>• Concentration or memory problems.</li> <li>• Feeling sluggish, hazy, foggy or groggy.</li> </ul>

## ACTION PLAN

What coaches should do if a concussion is suspected.

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Remove athlete from play.	Ensure athlete is evaluated immediately by an appropriate health care professional.	Inform the athlete's parents or guardians of the possible concussion.	Only allow the athlete to return to participation after he or she is cleared by an appropriate health care professional and institute your program's return to play procedure.