



Heads x Up CONCUSSION

A FACT SHEET FOR **ATHLETES**

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if with just a mild bump or blow.

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice **one or more** of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

Tell your coaches, an athletic trainer, or your parents - Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if one of your teammates might have a concussion.

Get a medical check-up - Seek medical attention from a health care provider who is trained in the treatment of concussions.

Give yourself time to get better - If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain.

IF IN DOUBT, SIT OUT



Heads x Up CONCUSSION

A FACT SHEET FOR PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms below, or if you notice the signs yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS?

Problems could arise over the first 24-48 hours. Watch for any of the following signs or symptoms of a concussion. Monitoring for deterioration is essential over this time period after injury.

Signs Observed by Parents/Guardians or Coaches

Appears dazed or stunned	Answers questions slowly
Is confused about a play or position	Loses consciousness (even briefly)
Forgets instructions	Show behavior or personality changes
Is unsure of game, score, or opponent	Can't recall events prior to hit or fall
Moves clumsily	Can't recall events after hit or fall

Symptoms Reported by Athlete

Headache or "pressure " in the head	Feeling sluggish, hazy, foggy or groggy
Nausea or vomiting	Concentration or memory problems
Balance problems or dizziness	Confusion
Double or blurry vision	Does not "feel right"
Sensitivity to light and/or noise	

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. Tell your athlete's coach and/or athletic trainer
2. Seek medical attention from a health care provider who is trained in the treatment of concussions.

IF IN DOUBT, SIT OUT



CONCUSSION ACKNOWLEDGEMENT AND SIGNATURE
FORM FOR PARENTS AND STUDENT ATHLETES

Date: _____

Student Athlete's Name (Please Print): _____

Athlete's Parents Name (Please Print): _____

Sport(S) Participating In: _____

*Parent - please read the attached "**Heads up Concussion: A Fact Sheet for Parents**" and ensure that your child has also received and read "**Heads up Concussion: A Fact Sheet for Athletes**". After reading these fact sheets, please sign below and ensure that your child also signs the form.*

I am a student athlete participating in the above mentioned sport. I have received and read "Heads up Concussion: A Fact Sheet for Athletes". I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury.

(Signature of Student Athlete)

(Date)

I, as the parent or legal guardian of the above named student, have received and read "Heads up Concussion: A Fact Sheet for Parents". I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury.

(Signature of Parent or Guardian)

(Date)