



## Concussions/Head Injuries

A Concussion is a Mild Traumatic Brain Injury which causes a physiological disturbance in brain function. A Concussion can be caused by a direct blow to the head or a direct blow to the body causing a whiplash affect. **A person does not need to lose consciousness to be considered to have suffered a concussion.**

The best treatment to ensure a complete recovery is Physical AND Cognitive REST!

<b>Brain-Stressing Activities to Refrain from for First 24 Hours After Injury</b>
Playing video games/texting Excessive computer use/television Prolonged school work/reading Physical activity Avoid loud environments such as sporting events/school dances/concerts/ etc. Avoid driving until cleared

The athlete should be closely monitored for at least 24 hours after the injury. Do NOT have the athlete take any pain medication without doctor's approval since this may mask symptoms which we want to observe. You do NOT have to wake the athlete up when sleeping because it is important for them to rest.

### **If you suspect that an Athlete has a concussion/sustained a head injury...**

1. Immediately remove the athlete from activity and seek evaluation from the Certified Athletic Trainer (ATC) or medical doctor.
2. Observe the athlete for signs and symptoms of a concussion:

<b>Signs Observed by Parent</b>	<b>Symptoms Reported by Athlete</b>	<b>Red Flags</b>
Dazed/vacant stare General confusion Athlete forgets plays Disorientation Overly emotional (laughing, crying) Balance issues Difficulty standing or walking Changes in normal behavior Repetitive speech/delayed speech Vomiting	Headache Nausea Balance Problems or dizziness Double/blurred vision Sensitivity to light/noise Feeling very fatigued/drowsy Feeling "foggy/groggy" Concentration/memory problems Irritability Sadness or nervous/anxious Feeling more emotional	Loss of consciousness – <b>CALL 911</b> Repeated vomiting Unequal pupils Slurred speech Decrease in responsiveness Convulsions/seizures Weakness/numbing in arms/legs

\*(based on the National Federation of High School Associations' Sports Medicine Handbook, Third Edition)

3. If any of the signs/symptoms listed above are observed /reported, the athlete is NOT to return to play and should be evaluated further. If unsure, keep the athlete out until he/she is evaluated by the school athletic trainer or medical doctor. **If an athlete loses consciousness call 911. If the athlete demonstrates any RED FLAG symptoms seek medical attention immediately!**
4. The school health office is notified of all head injuries. Be sure to check in with the school nurses should the athlete have any symptoms during the school day.

### **Follow up instructions:**

- Report to ATC on \_\_\_\_\_ for follow up/further instructions
- MD visit required – must provide a note to ATHLETIC TRAINER for updates/clearance
- Post Injury ImPACT test to be performed prior to return to play.
- Must follow return to play protocol once no symptoms are exhibited
  - 1) Light aerobic exercise
  - 2) Sport-specific exercise
  - 3) Non-contact practice
  - 4) Full-contact practice
  - 5) Clearance for full participation

Athlete Name: \_\_\_\_\_  
 ATC Signature: \_\_\_\_\_

Date: \_\_\_\_\_