

CONCUSSION AWARENESS

Signs & Symptoms

Signs a player may have a concussion

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets plays
- Unsure of game, score or opponent
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to or after the hit or fall

Concussion Symptoms

- Headache or pressure in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish
- Concentration or memory problems

What should a coach do if a concussion is suspected?

1. Remove the athlete from play
2. Ensure the athlete is evaluated immediately by an appropriate health care professional
3. Inform the athlete's parents/guardians of the possible concussion
4. Allow the athlete to return to play only after an appropriate health care professional clears his or her return