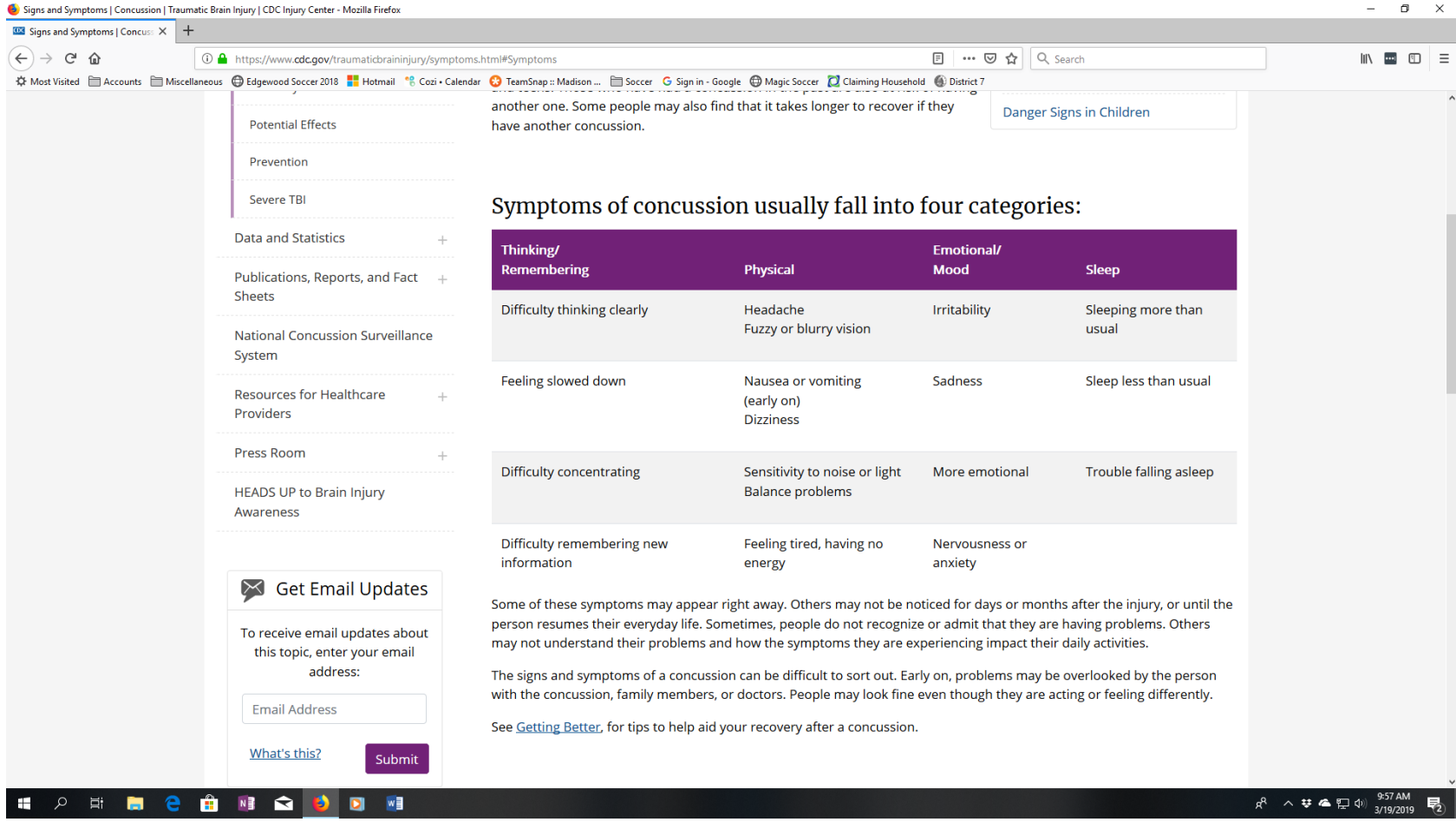


Concussions: Signs of Possible Concussion Observed or Reported by Athlete & Club Action Plan



Concussion Signs and Symptoms | HEADS UP | CDC Injury Center - Mozilla Firefox

https://www.cdc.gov/headsup/basics/concussion_symptoms.html

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CDC > HEADS UP > Brain Injury Basics

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Brain Injury Basics

- What Is a Concussion?
- Concussion Signs and Symptoms**
- Responding to a Concussion and Action Plan for Coaches
- Danger Signs
- Severe Brain Injury
- Recovery from Concussion
- Returning to School
- Returning to Sports and Activities
- Brain Injury Safety Tips and Prevention
- Helmet Safety
- HEADS UP to Parents

Concussion Signs and Symptoms

Children and teens who show or report one or more of the signs and symptoms listed below, or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body, may have a concussion or more serious brain injury.

Concussion Signs Observed

- Can’t recall events *prior to or after* a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.

Concussion Symptoms Reported

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down”.

Signs and symptoms generally show up soon after the injury. However, you may not know how serious the injury is at first and some symptoms may not show up for hours or days. For example, in the first few minutes your child or teen might be a little confused or a bit dazed, but an hour later your child might not be able to remember how he or she got hurt.

You should continue to check for signs of concussion right after the injury and a few days after the injury. If your child or teen’s concussion signs or symptoms get worse, you should take him or her to the emergency department right away.

Action Plan:

1. Remove the athlete from play
2. Inform the athlete’s guardians in-person or by phone (do not allow the athlete to be the reporter!)
3. Ensure the athlete is evaluated by a health care professional
4. Keep the athlete out of play until cleared by a health care professional
5. Athlete must obtain signature of health care professional clearing him/her to play and give to Team Manager or Coach (form will be placed on website under Coach/Manager information)