



# Athlete's Concussion Fact Sheet

## HEADS UP: CONCUSSION IN SPORTS

Please review the information below and then scroll down to answer a short test on concussions. Please submit the test with your SAS registration.

### A Fact Sheet for all Participants

#### WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding”, “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If you experience any symptoms of a concussion or notice any in a teammate report them to your coach immediately (if with your team) and/or seek medical attention right away.

#### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

If the athlete has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

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

### Symptoms Reported by Athlete:

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

### **HOW CAN YOU HELP PREVENT A CONCUSSION?**

Every sport is different, but there are steps you can take to protect yourself from a concussion.

- Ensure that you follow your coach’s rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Always wear the right protective equipment. Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

### **WHAT SHOULD YOU DO IF YOU THINK YOU HAVE A CONCUSSION?**

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for you to return to sports.

2. Keep out of play. Concussions take time to heal. Do not return to play until a healthcare professional says it’s OK. Children who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting you for a lifetime.

3. Tell your Coach about any recent concussions. Coaches should know if you had a recent concussion in ANY sport. Your coach may not know about a concussion you received in another sport or activity unless you tell the coach.



## Athlete's Concussion Test

Indicate if the statements below are **TRUE** or **FALSE**

1. A concussion is a brain injury:
2. Concussions can occur in any organized or unorganized recreational sport or activity:
3. You can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury:
4. Following the coaches rules for safety and the rules of the sport, practicing good sportsmanship at all times, and using the proper sports equipment are all ways that athletes can prevent concussion:
5. Concussions can be caused by a fall or by a bump or blow to the head or both:
6. Concussions can happen even if the athlete hasn't been knocked out or lost consciousness:
7. Nausea, headaches, sensitivity to light or noise, and difficulty concentrating are some of the symptoms of a concussion:
8. Athletes who have a concussion should not return to play until they are symptom-free and have received approval from a Doctor or health care professional:
9. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems:

**By signing here I certify that I have read the HEADS UP: CONCUSSION IN SPORTS fact sheet above and that I understand my responsibility to report any symptoms to the coach immediately and not to return to play until I obtain written clearance from a licensed health care provider trained in the evaluation and management of brain injuries.**

**Athlete's Name & Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**If Minor: Parent Name & Signature** \_\_\_\_\_ **Date** \_\_\_\_\_