



CONCUSSIONS

INFORMATION FOR COACHES

WHAT IS A CONCUSSION?

- A traumatic brain injury (TBI) that is caused by a bump, blow or jolt to the head.
- When your brain moves back and forth from a blow, your brain may not function properly.
- A concussion can cause changes in your behavior, thinking, and physical functioning.

SIGNS REPORTED BY COACHES

- Appears dazed or stunned
- Confused about the game
- Answers questions slowly
- Shows behavior or personality changes
- Can't recall events prior to or after a hit or fall

SYMPTOMS REPORTED BY ATHLETES

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Feelings sluggish, hazy, or foggy
- Confusion or concentration problems
- Just not "feeling right" or "feeling down"

CONCUSSION ACTION PLAN

- **Remove the athlete from play.**
When in doubt, sit them out!
- **Make sure your athlete is evaluated by a healthcare professional.**
As a coach, recording your athlete's symptoms can help healthcare professionals in assessing the athlete after the injury.
- **Inform the athlete's parents.**
Let them know about the possible concussion and the symptoms the athlete experienced during the injury.
- **Keep the athlete out of play.**
An athlete should be removed from play the day of the injury and until their health care professional says the athlete is symptom-free and can return to play.

CONCUSSION PREVENTION PLAN

- **Talk with athletes about the importance of a concussion.**
Tell athletes that safety comes first, and they should report to their coaches if they think they have a concussion.
- **Create a safe environment at games and practices.**
Enforce good sportsmanship and ensure athletes avoid unsafe actions that could cause a blow to other athletes.
- **Make sure all athletes wear protective equipment.**
Helmets should fit well, be in good condition, and worn appropriately for the sport or activity.
- **Keep emergency contact information.**
Have athletes' parents and health providers phone numbers ready in case serious injury occurs during games or practice.

