

HEADS x UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

What is a concussion?

A concussion is a brain injury that:

- ♦ Is caused by a bump, blow, or jolt to the head or body.
- ♦ Can change the way your brain normally works.
- ♦ Can occur during practices or games in any sport or recreational activity.
- ♦ Can happen even if you haven't been knocked out.
- ♦ Can be serious even if you've just been "dinged" or "had your bell rung."

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice **one or more** of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- ♦ Headache or "pressure" in head
- ♦ Nausea or vomiting
- ♦ Balance problems or dizziness
- ♦ Double or blurry vision
- ♦ Bothered by light or noise
- ♦ Feeling sluggish, hazy, foggy, or groggy
- ♦ Difficulty paying attention
- ♦ Memory problems
- ♦ Confusion

What should I do if I think I have a concussion?

- ♦ **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- ♦ **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- ♦ **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion?

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

- ♦ Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and the correct size and fit
 - Used every time you play or practice
- ♦ Follow your coach's rules for safety and the rules of the sport.
- ♦ Practice good sportsmanship at all times.

If you think you have a concussion:
Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.

For more information and to order additional materials **free-of-charge**, visit: www.cdc.gov/Concussion.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



HEADS ^x UP CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR PARENTS

What is a concussion?

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

What are the signs and symptoms?

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 after the injury. If your teen reports **one or more** symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

Signs Observed by Parents or Guardians	Symptoms Reported by Athlete
<ul style="list-style-type: none"> ♦ 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 mood, behavior, or personality changes ♦ Can't recall events prior to hit or fall ♦ Can't recall events after hit or fall 	<ul style="list-style-type: none"> ♦ Headache or "pressure" in head ♦ Nausea or vomiting ♦ Balance problems or dizziness ♦ Double or blurry vision ♦ Sensitivity to light or noise ♦ Feeling sluggish, hazy, foggy, or groggy ♦ Concentration or memory problems ♦ Confusion ♦ Just not "feeling right" or is "feeling down"

How can you help your teen prevent a concussion?

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- ♦ Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.

- ♦ Ensure that they follow their coaches' rules for safety and the rules of the sport.
- ♦ Encourage them to practice good sportsmanship at all times.

What should you do if you think your teen has a concussion?

- 1. Keep your teen out of play.** If your teen has a concussion, her/his brain needs time to heal. Don't let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.
- 2. Seek medical attention right away.** A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
- 3. Teach your teen that it's not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your teen convince you that s/he's "just fine."
- 4. Tell all of your teen's coaches and the student's school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen's coaches, school nurse, and teachers. If needed, they can help adjust your teen's school activities during her/his recovery.

If you think your teen has a concussion:

Don't assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

It's better to miss one game than the whole season.

For more information and to order additional materials *free-of-charge*, visit: www.cdc.gov/Concussion.

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Sports Concussion Return-to-Play Procedure

Albemarle County Public Schools

When a student-athlete sustains a concussion or is suspected by the athletic trainer, coach or school nurse of having a concussion, the management plan outline below will be followed.

1. The student-athlete will be evaluated by a Certified Athletic Trainer (ATC) at the time of the injury to determine the associated signs and symptoms.
 - a. Common signs and symptoms: (For more info refer to “Heads up Fact Sheet” in AHS Student-Athlete Handbook)
 - i. Loss of consciousness
 - ii. Dazed or stunned appearance
 - iii. Forgetfulness and delayed response
 - iv. Headache, nausea, vomiting, dizziness
 - v. Blurred vision, sensitivity to light or noise
2. The ATC will contact the parent(s) of the student-athlete and inform the parent(s) of their child’s concussion and return-to-play procedure.
3. The student-athlete **MUST** be evaluated by a doctor (primary care physician or a sports concussion specialist) prior to returning to play.
4. All student-athletes must have written documentation of medical clearance from the physician prior to starting the Gradual Return to Sports Participation Program. The appropriate form will be provided by the ATC and given to the parent(s).
5. The student-athlete must be symptom-free for a minimum of 24 hours before the Gradual Return to Sports Participation Program begins. The ATC will monitor the student-athlete’s symptoms.
6. All student-athletes must follow the Gradual Return to Sports Participation Program for a minimum of 5 days prior to returning to full participation. The ATC will lead the student-athlete through the program.
7. If any signs or symptoms return during the Gradual Return to Sports Participation Program the athlete will re-start the program after a 24-hour symptom-free period. If symptoms return a second time the student-athlete must be re-evaluated by a physician.