

CONCUSSIONS

What are they?

A concussion is a type of traumatic brain injury from an impact to the head or body with force that is transmitted to the brain.

Why do they happen?

Concussions are caused by a bump or blow to the head or body. Even a “ding” or “getting your bell rung” can have serious consequences.

How can I prevent them?

1. Encourage your child to follow the rules of the game and their team.
2. Encourage your child to practice good sportsmanship at all times.
3. Ensure your child is wearing the proper equipment for their sport and that it fits them correctly.

What should I do if I think my child has a concussion?

1. Seek medical attention immediately.
2. Hold your child out of play until they have been evaluated by a health care professional with experience treating brain injuries.
3. Tell your child’s coach if they are diagnosed with a concussion and let them know if your child has sustained a concussion in the past.

How do I know if my child has a concussion?

Individuals who have sustained a concussion will often exhibit a combination of these symptoms.

Symptoms reported by the athlete	Symptoms observed by parents/guardians, coaches or teammates
Headache or pressure in head	Appears dazed or stunned
Nausea or vomiting	Forgets an instruction
Balance problems or dizziness	Confusion about assignment or position
Double or blurry vision	Is unsure of game, score or opponent
Sensitivity to light	Moves clumsily
Sensitivity to noise	Answers questions slowly
Felling sluggish, hazy, foggy or groggy	Loses consciousness (even briefly)
Concentration or memory problems	Shows mood, behavior or personality changes
Confusion	
Just “not feeling right” or “feeling down”	