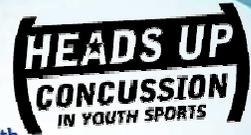


# Parent/Youth Athlete Concussion Information Sheet



A concussion is a type of traumatic brain injury, caused by a bump, blow or jolt to the head or blow to the body that causes the head and brain to move rapidly back and forth; changing the way the brain normally works. 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 & SYMPTOMS OF 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 an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to the head or body an athlete should be removed from play the day of the injury and until an appropriate health care professional, experienced in evaluating for concussion, releases them to return to play. After an athlete is removed from practice or play for a suspected concussion, the decision about returning is a **medical decision**.

### Did You Know?

- Most concussions occur without loss of consciousness,
- Young children and teens are more likely to get a concussion and take longer to recover than adults.
- Athletes who have had a concussion are at greater risk for another concussion.
- All concussions are serious.
- Recognition and proper response to a concussion when it first occurs can help prevent further injury or even death.

SIGNS OBSERVED BY THE COACH	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache or 'pressure' in head
Is confused by assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness ( <i>even briefly</i> )	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall <i>events</i> prior to the hit or fall	Confusion
Can't recall <i>events</i> after the hit or fall	Just not 'feeling right' or 'feeling down'

## CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in an athlete with a concussion crowding the brain against the skull. Call 911 or take the athlete to the emergency department immediately after a bump, blow or jolt to the head or body if the athlete exhibits one or more of the following danger signs:

- One pupil is larger than the other
- Is drowsy or cannot be awakened
- Has a headache that worsens
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Shows unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

## WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, their brain needs time to heal. While an athlete's brain is still healing, he or she is much more likely to have another concussion. Repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

### Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

## WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect an athlete has a concussion, remove he or she from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, releases the athlete to return to play.

Rest is the key to helping an athlete recover from a concussion. Exercising or activities involving a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms to reappear or worsen. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

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

**For more information on concussions, visit:**

- [www.michigan.gov](http://www.michigan.gov)
- [www.cdc.gov/concussion](http://www.cdc.gov/concussion)

***By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012, I have received and reviewed the Parent/Athlete Concussion Fact Sheet provided by the City of Marshall Recreation Department.***

Youth Athlete Name Printed

Youth Athlete Date of Birth

Youth Athlete Signature

Date

Parent/Legal Guardian Name Printed

Parent/Legal Guardian Signature

Date