

Concussion

For Coaches

RECOGNIZE

A concussion is an injury to the brain from a hit to the head or to the body that affects the brain's ability to function properly. You can't see a concussion. But there are things you may notice, or things the athlete might tell you, that could indicate a concussion.

What you may notice	What the athlete may tell you
<ul style="list-style-type: none"> • Is dazed or stunned • Is confused about a play • Forgets instructions or plays • Forgets the score or opponent • Moves clumsily or has poor balance • Struggles to answer questions • Loses consciousness (blacks out) • Acts strangely or personality changes • Forgets events that happened before or after the hit 	<ul style="list-style-type: none"> • Headache or pressure in the head • Upset stomach or vomiting • Feel unsteady or wobbly • Dizziness • Has double or blurry vision • Light hurts their eyes • Sounds seem very loud • Feeling drowsy, sluggish, or foggy • Hard to concentrate and forgets things • Emotional, sad, angry, nervous or anxious • Does not feel right; confused

RESPOND

- If you think an athlete might have a concussion, or if an athlete tells you things that indicate a concussion, **immediately remove the athlete from practice or play.**
- Call 911 if the athlete has lost consciousness or symptoms seem to be getting worse.
- Notify the athlete's parents/guardians.

REFER

- Advise the athlete's parents/guardians to see their family physician or a physician who specializes in concussion.

RETURN

- Resting both the body and brain is important.
- Do not let the athlete practice or compete until you have written clearance from their healthcare provider.