



SCARDSDALE RECREATION CONCUSSION AWARENESS IN YOUTH SPORTS

THE FACTS

- All concussions are *serious*.
- Most concussions occur *without* loss or consciousness.
- Recognition and proper response to concussions when they *first occur* can prevent further injury or even death.

WHAT IS A CONCUSSION?

- A bump, blow, or jolt to the head can cause a concussion, a type of traumatic brain injury.
- Can also occur from a blow to the body that causes the head and brain to move rapidly back and forth literally causing the brain to bounce around or twist within the skull.
- This sudden movement of the brain causes stretching, damaging the cells and creating chemical changes to the brain.
- Once these changes occur, the brain is more vulnerable to further injury and sensitive to any increased stress until it fully recovers.

CONCUSSION RECOGNITION

- Coaches are on the front line in identifying an athlete with a suspected concussion.
- Coaches know their athletes well and can recognize when something is off – even when the player doesn’t know it or want to admit it.
- Remember, you cannot see a concussion and *there is no single indicator*.
- Recognizing a concussion requires watching for different types of signs or symptoms.

WHAT ARE THE SIGNS & SYMPTOMS OF A CONCUSSION?

- Athletes who experience *one or more* of the signs and symptoms below, or just report they just *“don’t feel right”*, after a bump, blow or jolt to the head or body may have a concussion.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
<ul style="list-style-type: none"> - Appears dazed or stunned (glassy eyes) - Forgets an instruction or play - Is unsure of score or opponent - Moves clumsily or poor balance - Answers questions slowly - Loses consciousness (even briefly) - Shows mood, behavior or personality changes - Cannot recall events prior to hit or fall - Cannot recall events after hit or fall 	<ul style="list-style-type: none"> - Headache or “pressure” in head - Nausea and vomiting - Balance problems and dizziness - Double or blurry vision - Sensitivity to light or noise - Feeling sluggish, hazy, foggy or groggy - Concentration or memory problems - Confusion - Does not feel right or down

CONCUSSION MANAGEMENT PROTOCOL

- Remove the athlete from play.
- Ensure the athlete is evaluated immediately by an appropriate health care professional.
- Inform the athlete’s parents or guardians of the possible concussion.
- Only allow the athlete to return to participation after he/she is cleared by an appropriate health care professional.