

- [CDC Heads Up Concussion Training Video and Resources](#)
- [Parent Concussion Information](#)
- [CDC Fact Sheet for Athletes](#)

## **CONCUSSION INFORMATION:**

Please be advised that every parent, athlete or staff volunteer is required to receive information on Concussion Awareness and watch the video from the National Center for Disease Control - Heads Up, Concussion in youth sports. The information and links are provided through the registration process.

### **CONCUSSION Information**

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children or teens games and practices to learn how to spot a concussion and what to do if a concussion occurs.

### **What Is a Concussion?**

A concussion is a type of traumatic brain injury or TBI caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

### **How Can I Help Keep My Children Safe?**

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children or teens chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
- Work with their coach to teach ways to lower the chances of getting a concussion.
- Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion.
- Talk with them about their concerns - emphasize the importance of reporting concussions and taking time to recover from one.
- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no concussion-proof helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

## How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below or simply say they just don't feel right after a bump, blow, or jolt to the head or body, they may have a concussion or other serious brain injury.

### Signs Observed by Parents or Coaches

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness - even briefly
- Shows mood, behavior, or personality changes.
- Cannot recall events prior to or after a hit or fall.
- Symptoms Reported by Children and Teens
- Headache or pressure in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion or concentration or memory problems.
- Just not feeling right or feeling down.

**Talk with your children and teens about concussion.** Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions are not serious or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that it is better to miss one game than the whole season.

[https://www.cdc.gov/headsup/pdfs/youthsports/parent\\_athlete\\_info\\_sheet-a.pdf](https://www.cdc.gov/headsup/pdfs/youthsports/parent_athlete_info_sheet-a.pdf)

## CONCUSSION FACT SHEET FOR PARENTS

**WHAT IS A CONCUSSION?** A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a ding - getting your bell rung or what seems to be a mild bump or blow to the head can be serious. You can NOT see a 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 your child reports any symptoms of concussion or if you notice the symptoms yourself seek medical attention right away.

**WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?** If your child has experienced a bump or blow to the head during a game or practice look for any of the following signs of a concussion:

**SYMPTOMS REPORTED BY ATHLETE:** - Headache or pressure in head - Nausea or vomiting - Balance problems or dizziness - Double or blurry vision - Sensitivity to light - Sensitivity to noise - Feeling sluggish- hazy- foggy- or groggy - Concentration or memory problems - Confusion - Just not feeling right or is feeling down

**SIGNS OBSERVED BY PARENTS/ GUARDIANS:** - 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

### **DANGER SIGNS**

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has: - One pupil (the black part in the middle of the eye) larger than the other - Drowsiness or cannot be awakened - A headache that gets worse and does not go away - Weakness- numbness- or decreased coordination - Repeated vomiting or nausea - Slurred speech - Convulsions or seizures - Difficulty recognizing people or places - Increasing confusion- restlessness- or agitation - Unusual behavior - Loss of consciousness - even a brief loss of consciousness should be taken seriously.

### **HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?**

- Ensure that they follow their coach's rules for safety and the rules of the sport. -Encourage them to practice good sportsmanship at all times. - Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained. - Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture. However- helmets are not designed to prevent concussions. There is no concussion-proof helmet. So even with a helmet- it is important for kids and teens to avoid hits to the head.

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

1. **SEEK MEDICAL ATTENTION RIGHT AWAY** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities- including sports.
2. **KEEP YOUR CHILD OUT OF PLAY.** Concussions take time to heal. Don not let your child return to play the day of the injury and until a health care professional says it is OK. Children who return to play too soon while the brain is still healing risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage affecting your child for a lifetime.
3. **TELL YOUR CHILDS COACH ABOUT ANY PREVIOUS CONCUSSION.** Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

### **HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?**

Children and teens who return to school after a concussion may need to: - Take rest breaks as needed - Spend fewer hours at school - Be given more time to take tests or complete assignments - Receive help with schoolwork - Reduce time spent reading- writing- or on the computer Talk with your child's teachers- school nurse- coach- speech-language pathologist- or counselor about your child's concussion and symptoms. As your child's symptoms decrease the extra help or support can be removed gradually.

[https://www.cdc.gov/headsup/pdfs/youthsports/parents\\_eng.pdf](https://www.cdc.gov/headsup/pdfs/youthsports/parents_eng.pdf)

### **CONCUSSION FACT SHEET FOR ATHLETES**

**Athletes this information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.**

#### **WHAT IS A CONCUSSION?**

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

**WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?...REPORT IT!**

Tell your coach and parent if you think you or one of your teammates may have a concussion. You won't play your best if you are not feeling well and playing with a concussion is dangerous. Encourage your teammates to also report their symptoms.

**GET CHECKED OUT BY A DOCTOR.**

If you think you have a concussion, do not return to play on the day of the injury. Only a doctor or other health care provider can tell if you have a concussion and when it's OK to return to school and play.

**GIVE YOUR BRAIN TIME TO HEAL.**

Most athletes with a concussion get better within a couple of weeks. For some, a concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

**GOOD TEAMMATES KNOW: IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON**