

City of Orem Recreation Department Information Sheet

Concussion and Traumatic Head Injury Information Sheet

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head or a blow to the body that causes the head to move rapidly back and forth
- Can change the way your brain normally functions
- Can occur in any sporting event
- Can happen even if you have not been knocked out
- Can be serious even if you have just been dinged.

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities like playing video games, working on a computer, studying, driving or exercising. Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

Signs and symptoms of a concussion can show right up after the injury or may not appear to be noticed until days or weeks after the injury.

Signs Observed by Parents/Guardians/Agents:

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- 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 behavior or personality changes
- Cannot recall event prior to hit or fall
- Cannot recall events after hit or fall

Symptoms Reported by Players:

- Headache or pressure in head
- Nausea or vomiting
- Balance problems or 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 is feeling down

What should you, the player, do if you think you have a concussion?

- **Tell your coaches or parents.** Never ignore a bump or blow to the head even if you feel

fine. Also, tell your coach if one of your teammates may have a concussion.

- **Get a medical checkup.** This is required before the player will be allowed to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Additional concussions can cause damage to your brain. It is important to rest until you get written permission from a qualified health care provider to return to play.

What should parents/guardians do if they think their child has a concussion?

- **Seek medical attention right away.** A qualified health care provider will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- **Keep your child out of play.** Concussions take time to heal. You will not be permitted to let your child return to play until a qualified health care provider says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. 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 you prevent a concussion?

Follow the coach's rules for safety and the rules of the sport.

- Practice good sportsmanship.
- Use the proper equipment, including personal protective equipment (such as helmets, padding, shin guards and eye and mouth guards). **IN ORDER FOR EQUIPMENT TO PROTECT YOU**, it must be the right equipment for the game, position and activity; it must be worn correctly and used every time you play.
- Learn the signs and symptoms of a concussion

For more information about concussions visit:

<http://www.cdc.gov/concussion/sports/index.html>