

# Services

## Concussion Management

A concussion management program is coming to our clinic soon. This program provided by the Centers for Disease Control and Prevention (CDC) will teach parents and coaches what actions to take to provide a safe environment for young athletes on and off the field.

Once the free and online training is completed you will receive a certificate you can print out to show your league or school that you are ready for the season.

"We can help athletes stay active and healthy by knowing the facts about concussion and when it is safe for athletes to return to play." - CDC

Join the movement. #CDCHeadsUp

## HEADS UP Concussion Action Plan



## Concussion Fact Sheet for Middle School Athletes



**FACT SHEET FOR MIDDLE SCHOOL ATHLETES**

This sheet has 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.



# Concussion Fact Sheet for High School Athletes



**FACT SHEET FOR HIGH SCHOOL ATHLETES**

This sheet has 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, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It's up to you to report your symptoms. Your coach and team are relying on you. Plus, you won't play your best if you are not feeling well.

**GET CHECKED OUT.**

If you think you have a concussion, do not return to play on the day of the injury. Only a health care provider can tell if you have a concussion and when it's OK to return to school and play. The sooner you get checked out, the sooner you may be able to safely return to play.


**GIVE YOUR BRAIN TIME TO HEAL.**

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.



# Concussion Fact Sheet for Coaches

**A Fact Sheet for COACHES**



One of the main jobs of a youth sports coach is keeping athletes safe. This sheet has information to help you protect athletes from concussion or other serious brain injury, learn how to spot a concussion, and know 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 hit to the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

**HOW CAN I HELP KEEP ATHLETES SAFE?**

Sports are a great way for children and teens to stay healthy and can help them do well in school. As a youth sports coach, your actions can help protect athletes from concussion or other serious injury. Aggressive and/or inappropriate behavior among athletes can increase their chances of getting a concussion or other serious injury. Here are some ways you can help keep your athletes safe:

- Talk with athletes about the importance of reporting a concussion.
- Talk with athletes about any concerns they might have about reporting their concussion symptoms. Make sure to tell them that safety comes first and you expect them to tell you and their parents if they think they have a concussion.
- Create a culture of safety at games and practices.
  - Track athletes to help to lower the chance of getting a concussion.
  - Enforce the rules of the sport for fair play, safety, and sportsmanship.
  - Enforce athletes' avoid unsafe actions such as:
    - Striking another athlete in the head.
    - Using their head or helmet to contact another athlete.
    - Making illegal contacts or checking, tackling, or colliding with an unprotected opponent, and/or
    - Trying to injure or put another athlete at risk for injury.
- Tell athletes that you expect good sportsmanship at all times, both on and off the playing field.

**Keep up-to-date on concussion information:**


- Review your state, league, and/or organization's concussion guidelines and protocols.
- Take a training course on concussion. CDC offers concussion training at no cost at [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP). Download CDC's HEADSUP app as a list of concussion signs and symptoms that you can keep on hand.

**Check out the equipment and sports facilities:**

- Make sure all athletes wear a helmet that fits well and is in good condition when appropriate for the sport or activity. There is no "concussion-proof" helmet, so it is important to enforce safety rules that protect athletes from hits to the head and when a helmet falls off during a play.
- Work with the game or event administrator to remove unsafe equipment and ensure that equipment, such as padding, have padding that is in good condition.


**Keep emergency contact information handy:**

- Bring emergency contact information for parents and health care providers to each game and practice to ease an athlete's need to be taken to an emergency department right away for a concussion or other serious injury.
- If first responders are called to care for an injured athlete, provide them with details about how the injury happened and how the athlete was acting after the injury.



# Concussion Facts & Contact Numbers

CONCUSSION FACTS



Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have 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
- Confusion or memory problems
- Concentration
- Just not "feeling right" or is "feeling down"

**SIGNS OBSERVED BY COACHING STAFF:**

- Appears dazed or stunned
- Is confused about equipment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Doesn't recall, believes, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

**IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:**

**HEADS UP ACTION PLAN:**

- Remove the athlete from play.
- Keep the athlete out of play the day of the injury.
- Obtain permission from an appropriate health care professional that states the athlete can return to play.

**IMPORTANT PHONE NUMBERS:**

**EMERGENCY MEDICAL SERVICES**

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

**HEALTH CARE PROFESSIONAL**

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

**STAFF AVAILABLE DURING PRACTICES**

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

**STAFF AVAILABLE DURING GAMES**

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_


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TO LEARN MORE GO TO [WWW.CDC.GOV/CONCUSSION](http://WWW.CDC.GOV/CONCUSSION)

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# Parent & Athlete Concussion Information Sheet

CONCUSSION INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's 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 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—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)
- Doesn't recall, believes, or personality changes
- Can't 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"

[INSERT YOUR LOGO]

# Concussion Fact Sheet for Parents

**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" "lightning bolt" or "mild" or "soft" seems to be a mild bump or blow to the head can be serious.

You can't 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 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 slow"

**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
- Loss of consciousness (even briefly)
- Shows mood, behavior, or personality changes

[ INSERT YOUR LOGO ]



# Concussion Fact Sheet for School Professionals

**CONCUSSION FACT SHEET FOR SCHOOL PROFESSIONALS**



**WHAT IS A CONCUSSION?**

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Children and adolescents are among those at greatest risk for concussion. The potential for a concussion is greatest during activities where collisions can occur, such as during physical education (PE) class, playground time, or school-based sports activities. However, concussions can happen any time a student's head comes into contact with a hard object, such as a floor, desk, or another student's head or body. Proper recognition and response to concussion can prevent further injury and help with recovery.

**THE FACTS**

1. All concussions are serious.
2. Most concussions occur without loss of consciousness.
3. Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

**HOW CAN I RECOGNIZE A CONCUSSION?**

Teachers and school counselors may be the first to notice changes in their students. The signs and symptoms can take time to appear and can become evident during concentration and learning activities in the classroom.

Send a student to the school nurse, or another health professional, if you notice or suspect that a student has:

1. Any kind of head/neck blow to the face or to the body that results in rapid movement of the head.

**AND**

2. Any change in the student's behavior, thinking, or physical functioning. (See the signs and symptoms of concussion.)

Children and teens with a concussion should NEVER return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care professional experienced in evaluating for concussion says they are symptom-free and it's OK to return to play. This requires, and is permitted, not returning to:

- Physical Education (PE) class,
- Sports practices or games, and
- Physical activity at recess.

**"WHEN IN DOUBT, SIT THEM OUT!"**

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# Concussion Facts & Contact Numbers (small)

## CONCUSSION FACTS



**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"

**IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:**

**HEADS UP ACTION PLAN:**

1. Remove the athlete from play.
2. Keep the athlete out of play the day of the injury.
3. Obtain permission from an appropriate health care professional that states the athlete can return to play.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussions, says they are symptom-free and it's OK to return to play.

**SIGNS OBSERVED BY COACHING STAFF:**

- 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
- Loss of consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

**IMPORTANT PHONE NUMBERS:**

<p><b>EMERGENCY MEDICAL SERVICES</b></p> <p>NAME: _____</p> <p>PHONE: _____</p> <p><b>STAFF AVAILABLE DURING</b></p> <p>NAME: _____</p> <p>PHONE: _____</p>	<p><b>HEALTH CARE PROFESSIONAL</b></p> <p>NAME: _____</p> <p>PHONE: _____</p> <p><b>STAFF AVAILABLE DURING</b></p> <p>NAME: _____</p> <p>PHONE: _____</p>
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[TO LEARN MORE >>> WWW.CDC.GOV/CONCUSSION](http://www.cdc.gov/concussion)

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