

# CDC Heads UP Concussion Training

For Special Olympics Kentucky

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# What is a concussion?



- A type of Traumatic Brain Injury has possible causes such as a:
  - bump to the head
  - blow to the head
  - jolt to the head
  - This includes blows to the body that causes a rapid back and forth motion resulting in the brain bouncing around.
- Results in the stretching and tearing of brain cells.

# How can I recognize a possible concussion?



- Concussions result from a fall or from athletes colliding with each other, the ground, or an obstacle such as a goal post.
- Even a “Ding,” “getting your bell rung” or what seems mild can be serious.
- You as a coach know your athletes the best and can recognize when something is off.

# To Help Spot a Concussion



- You should watch for and ask others to report the following two things:
  - A forceful bump, blow, or jolt to the head or body that results in the rapid movement of the head
  - AND
  - Any concussion signs or symptoms, such as a change the athlete's behavior, thinking, or physical functioning.
- **Sign and Symptoms of a concussion generally show up soon after the injury.**

# Number 1 RULE



- **Repeatedly check for signs and symptoms of a concussion**
- Tell parents or care giver that you believe they possibly have a concussion.
- Provide what to watch out for at home
- Possible worsening signs and symptoms can indicate a medical emergency.

# Signs and Symptoms

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# Symptoms Reported by Athlete



- Headache or “pressure” in the 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 feeling down.

# 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
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events ater hit or fall



# Concussion Danger Signs

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# Seek Medical Assistance



- In rare cases, a dangerous blood clot may form on the brain.
- Call 9-1-1 or take the athlete to the emergency department right away if the athlete exhibits one or more of the following danger signs:

- One Pupil Larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or Nausea
- Slurred Speech

- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

What should I do if a  
concussion is  
suspected?

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# 4 Step Process



## 1. Remove the athlete from play

- Monitor the athlete for signs and symptoms
- When in doubt, sit them out!

## 2. Ensure that the athlete is evaluated by an appropriate health care professional.

- Do not try to judge the severity yourself
- As a Coach recording the following information can be of help to the health care professional:
  - Cause of the injury and force
  - Any loss of consciousness, if so how long?
  - Any memory loss or seizures following the injury
  - Athlete Medical History

# 4 Step Process...cont



## **3. Inform that athlete's parents or guardians**

- Let them know about the possible concussion
- Heads up Fact sheet for parents - (included)

## **4. Keep the athlete out of ALL play.**

- An athlete should be removed from play to day of the injury.
- Athlete should not return to play or practice until an appropriate health care professional says they are symptom-free.
- Medical decision made ONLY by a health care professional

# Why Should I Care?

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# Why should you be concerned?



- Most athletes with a concussion recover quickly.
- Others it can take days, weeks, or longer
- Repeated concussions can cause a slow recovery or increase the chances for long-term problems.
- Rare cases, repeat concussions can result in brain swelling or permanent brain damage.
- It can even be fatal.

# Did you know?



- Young children and teens are more likely to get a concussion and take longer to recover than adults.
- Athletes who have had a concussion are at increased risk for another concussion.
- All concussions are serious.
- Recognition and proper response to concussions when they first occur can help prevent further injury or death.



# Returning to Training & Competition

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# Returning from a Concussion



- **Baseline**
  - Athletes should not have any concussion symptoms
- **STEP 1**
  - Light aerobic exercise
- **STEP 2**
  - Moderate activity (reduced times and/or weight)
- **STEP 3**
  - Add Heavy non-contact activities
- **STEP 4**
  - Return to practice and full contact
- **STEP 5**
  - Athlete returns to competition

# How Can I Help Prevent Concussions?

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# How to help...

- Ensure that athletes follow the rules
- Encourage good sportsmanship
- Use of proper protective gear
- Protective gear fits properly
- Use a helmet when sport or activity permits one to be used

**Remember:**

**“WHEN IN DOUBT,  
SIT THEM OUT!”**

# CDC Handouts



- Parent and Athlete Concussion Information Sheet
  - Concussion Fact Sheet for Parents
  - Heads Up Concussion Action Plan

**These three handouts are located on the Special Olympics Kentucky Website at:**

[www.soky.org/trainingcourses.htm](http://www.soky.org/trainingcourses.htm)

**Additional Resources including target audience trainings for Parents, School Officials, Medical Professional etc. Can be found on the CDC's website at: <http://www.cdc.gov/headsup/>**

# [Click here to take the Concussion Training Quiz](#)



(Quiz is required to complete training)