What is a concussion?

- A type of Traumatic Brain Injury has possible causes such as:
  - 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 rap 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 possible have a concussion.
• Provide what to watch out for at home and possible worsening signs and symptoms can indicate a medical emergency.
Signs and Symptoms
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 after hit or fall
Concussion Danger Signs
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 Chunks 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?
4 Step Process

• 1. Remove the athlete from play
  • Monitor the athlete for signs and symptoms
  • When is 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.
  • This needs to be a medical decision—No Doctor Mom’s
Why Should I Care?
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
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?
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
• Bubble Wrap…. 
Test Your Understanding
Quiz is Online

CLICK HERE: SOKY CONCUSSION TRAINING QUIZ