

CDC Heads UP Concussion Training

For Special Olympics Kentucky

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Kentucky





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 in 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

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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 after 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 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?

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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.
 - This needs to be a medical decision—No Doctor Mom's

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
- Bubble Wrap.....

Test Your Understanding

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Quiz is Online



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