



*The Game for **All Kids!***®



CONCUSSION MANAGEMENT

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Risk Management

South Texas and Region III

Highlights

- Many of the following information come from an online education series posted by US Youth Soccer:

<https://education.usyouthsoccer.org/courses/Centers-for-Disease-Control-and-Prevention/heads-up-concussion-in-sports-intro-course/>

- Center for Disease Control (CDC) also has direct info available at:

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

Facts

- A concussion is a brain injury.
- All concussions are serious.
- Most concussions occur without loss of consciousness.
- Concussions can occur in any sport or recreation activity.
- Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

A bump, blow, or jolt to the head can cause a concussion, a type of traumatic brain injury (TBI). Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

Recognizing a Possible Concussion

To help recognize a concussion, you should watch for and ask others to report the following two things among your athletes:

1. A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.

--and--

2. Any change in the athlete's behavior, thinking, or physical functioning.

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, 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
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall

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

US Youth Soccer Concussion Initiatives

- New Concussion Notification Form
- Concussion Procedure and Notification Form
- Concussion Awareness integrated into Coaching Education
- Partnership with Axon Sports for Cognitive Baseline testing

Concussion Signs, Symptoms, and Management at Training and Competitions

Step 1 - Did a concussion occur?

Step 2 - Is emergency treatment needed?

Step 3 - If a possible concussion occurred, but no emergency treatment is needed, what should be done now? Focus on these areas every 5-10 min for the next 1 - 2 hours, without returning to any activities:

1. Balance, movement.
2. Speech.
3. Memory, instructions, and responses.
4. Attention on topics, details, confusion, ability to concentrate.
5. State of consciousness
6. Mood, behavior, and personality
7. Headache or pressure in head
8. Nausea or vomiting
9. Sensitivity to light and noise



Concussion Signs, Symptoms, and Management at Training and Competitions

Players shall not re-enter competition, training, or partake in any activities for at least 24 hours. Even if there are no signs or symptoms after 15-20 min, activity should not be taken by the player.

STEP 4 - A player diagnosed with a possible concussion may return to US Youth Soccer play only after release from a medical doctor or doctor of osteopathy specializing in concussion treatment and management.

STEP 5 - If there is a possibility of a concussion, do the following: (1)The attached Concussion Notification Form is to be filled out in duplicate and signed by a team official of the player's team.

(2)If the player is able to do so, have the player sign and date the Form. If the player is not able to sign, note on the player's signature line unavailable.



Concussion Signs, Symptoms, and Management at Training and Competitions

STEP 5 - Continued

(3) If a parent/legal guardian of the player is present, have the parent/legal guardian sign and date the Form, and give the parent/legal guardian one of the copies of the completed Form. If the parent/legal guardian is not present, then the team official is responsible for notifying the parent/legal guardian ASAP by phone or email and then submitting the Form to the parent/legal guardian by email or mail. When the parent/legal guardian is not present, the team official must make a record of how and when the parent/legal guardian was notified. The notification will include a request for the parent/legal guardian to provide confirmation and completion of the Concussion Notification Form whether in writing or electronically.

(4) The team official must also get the player's pass from the referee, and attach it to the copy of the Form retained by the team.

2012 REGION III USYSNC National Championship Series Injury & Treatment Recap

INJURIES	# Incidents	Percentage	TREATMENTS	# Incidents	Percentage
Fractures & Possible Fx	20	24%	Taping	476	32%
Concussions	18	22%	Woundcare	81	5%
Sutures	6	7%	Blistercare	56	4%
Heat Illness	1	1%	Biofreeze	3	0%
Sprains	15	18%	Stretching	22	1%
Strains	11	13%	Ice	839	56%
Contusions	6	7%	Medicine	16	1%
Other Injuries	6	7%	Other Treatments	9	1%
	83	100.00%		1502	100.00%



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