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## SPORT-RELATED CONCUSSIONS: GUIDELINES FOR PARENTS AND COACHES

### What is a concussion?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain 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.

### What are the signs and symptoms of a concussion?

Signs Observed by Coaches or Parents	Symptoms Reported by Athlete
<ul style="list-style-type: none"> <li>▪ Appears dazed, stunned or confused</li> <li>▪ Forgets a play or other instructions given</li> <li>▪ Unable to recall events before or after the hit or fall</li> <li>▪ Moves clumsily</li> <li>▪ Answers questions slowly</li> <li>▪ Shows mood, behavior or personality changes</li> <li>▪ Blank stare or glassy eyed</li> <li>▪ Loses consciousness (even very briefly)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Headache or “pressure” in the head</li> <li>▪ Nausea or vomiting</li> <li>▪ Dizziness</li> <li>▪ Balance problems</li> <li>▪ Double or blurry vision</li> <li>▪ Sensitivity to light or sound</li> <li>▪ Feeling sluggish, hazy, foggy or groggy</li> <li>▪ Concentration or memory problems</li> <li>▪ Confusion</li> <li>▪ Just not “feeling right” or “feeling down”</li> </ul>

### What to do if you suspect an athlete has sustained a concussion?

- Remove the child from play immediately
- Monitor the child looking for any changes in signs and symptoms. In the event that symptoms worsen over time seek medical treatment
- Rest is key to recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse.
- Do not give any medication, especially in the first 48 hours as it may mask symptoms.
- The child should not return to athletic participation until cleared to return by qualified medical personnel.

**For further information on this topic or for general questions call the Sports Medicine Hotline Number**

You may find additional information on concussions on the following websites

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

<http://www.thinkfirst.ca/programs/concussion.aspx>

\*Michigan Youth Flag Football is not affiliated with these websites\*