

# BE SMART!

## CONCUSSION AWARENESS & MANAGEMENT

### WHEN IN DOUBT - SIT THEM OUT!

#### CONCUSSION: *Signs & Symptoms*

- Confusion and Disorientation
- Loss of Consciousness
- Headache
- Dizziness
- Nausea and Vomiting
- Loss of Balance
- Double Vision or Fuzzy Vision
- Ringing in the Ears
- Slow or Slurred Speech
- Seeing "Stars"
- Feeling Stunned or Dazed
- Emotional or Personality Changes

#### CONCUSSION: *Management & Rehabilitation*

**An athlete should never return to play while symptomatic.**

**When a player shows ANY SYMPTOMS or SIGNS of a concussion...**

**✗** The player should not be allowed to return to play in the current game or practice.

**✗** The player should not be left alone, regular monitoring for deterioration is essential.

**✓** The player should be medically evaluated.

#### CONCUSSION: *Guidelines for Coaches, Players, Parents & Officials*

- Concussion is a Brain Injury
- You do not have to lose consciousness to have a concussion
- Symptoms are often subtle
- Wear properly fitted protective equipment
- **The head (helmet/facemask) should never be used to make initial contact with another player**
- A concussion may be caused by a direct blow to the head, face, neck, or anywhere else that causes a severe and sudden movement to the head/neck
- Medical Clearance by an appropriate physician is mandatory before return to play

#### CONCUSSION: *Follow these 6 steps before returning to play.*

**Concussion Management should adhere to the following 6 steps:**

- 1.** No activity, complete rest. Once asymptomatic, proceed to step two
- 2.** Light aerobic exercise such as walking or stationary cycling
- 3.** Sport-specific training. (e.g. running in football, skating in hockey)
- 4.** Non-contact training drills
- 5.** Full-contact training after medical clearance
- 6.** Game Play

