

CONCUSSIONS, PLAY IT SAFE.

IT'S BETTER TO MISS ONE MEET THAN THE WHOLE SEASON.

SIGNS & SYMPTOMS

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of meet, 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

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
- Just not "feeling right" or "feeling down"

FOR MORE INFORMATION AND TO ORDER
ADDITIONAL MATERIALS FREE OF CHARGE, VISIT:
www.cdc.gov/concussion

ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove athlete from play
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussions.
4. Keep the athlete 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.

DEVELOPED BY THE CDC IN COOPERATION WITH THE NATIONAL COUNCIL OF YOUTH SPORTS



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