

Green Hornets Parents and Coaches



Tackling Concussion Head On / “When In Doubt, Hold Them Out”

Concussion is not new... One of the most current definitions in 2017 for Sports Related Concussion is often defined as representing the immediate and transient symptoms of traumatic brain injury (TBI).

More Common Definition...

A type of mild traumatic brain injury usually occur as a result of a bump, blow or *jolt* to the head. *but there is nothing mild about traumatic brain injuries and all should be taken seriously.*

Or...from a fall or blow to the body that results in the head and brain moving quickly back and forth. THERE **DOES NOT** HAVE TO BE HEAD IMPACT TO GET A CONCUSSION
ALL concussions are serious, though most people recover quickly and fully.

Concussions can occur without loss of consciousness.

Concussions can occur in ANY sport or activity.

Helmets and mouth guards do not prevent concussion, but protect your head and teeth.

What Coaches May Observe

- Appears dazed or stunned.
- Confusion about assignment or position
- Forgets plays
- Moves clumsily
- Answers questions slowly
- Shows behavior or personality changes
- Can't recall event before or after the hit /fall

Symptoms Your Athlete May Report

- Headache or head pressure
- Nausea or vomiting
- Balance problems / dizziness
- Double or blurred vision
- Sensitivity to noise and/or light
- Confused, foggy, sluggish
- “Coach, I just don't feel right...”

Return to Play... And School: When in doubt, they are held out and cannot return without a Return To Play note. **But What Are Action Steps Parents Can Take?**

- Learn more about concussion. Websites like the CDC can be helpful.
- Keep the kids hydrated. Keep the kids hydrated. Keep the kids hydrated!
- Teach your kids to communicate how they feel.
- Coaches must teach your athletes the rules and safe play techniques.
- Encourage your athletes to play with good sportsmanship.
- Make sure that protective equipment fits properly.
- Identify health care professionals in your area that can help you!

Always remember, they are **STUDENT – ATHLETES**: The STUDENT comes first. Somewhere along the lines of competition, we lose site that these young athletes are kids that go to school.

We must understand the balance of return to play... and school.

Information presented by Dr. Alan K. Sokoloff, Yalich Clinic Glen Burnie, 331 Oak Manor Dr., 410-766-4878

www.yalich.com / Call to schedule a free workshop for your coaches and parents.