



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

Concussion is not new...The most current definition from the Zurich 2008 and 2012 Conference on Concussion: "a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces"...

More Common Definition...

A type of mild traumatic brain injury usually occur as a result of a bump, blow or *jolt* to the head.

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: As a coach you need to know your state and county laws.

What Are Action Steps Coaches Can Take?

- Learn more about concussion. Websites like the CDC can be helpful.
- Keep the kids hydrated.
- Teach your kids to communicate with you and their parents!
- 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**: 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.

To receive a certificate of completion, go to:

<https://www.youthleaguesusa.com/powerplay/school/WorkshopSurvey.html>

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