



CONCUSSION

A FACT SHEET FOR STUDENT-ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
 - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.

HOW CAN I PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

Don't hide it. Tell your coach, trainer, parent, or other authority figure. Don't keep it to yourself. Your athletic trainer or coach should refer you to a medical professional. Sports have high demands and playing uninjured is what you are expected to do. Report it. Do not return to participation in any sport or other activity until you are cleared. If a game you are cleared to play, you may be able to return to play if the doctor, your team physician, athletic trainer or health care professional on site tells you have had a concussion and you should be cleared to return to play. A concussion can affect your ability to perform mentally, physically, and emotionally. Balance, sleep and classroom performance.

Take time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage and even death. Severe brain injury can change your whole life.



**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
WHEN IN DOUBT, GET CHECKED OUT.**

For more information and resources, visit www.NCAA.org/health-safety and www.CDC.gov/Concussion.





Student Concussion Acknowledgement Statement- FORM B

 I understand that it is my responsibility to report all injuries and illnesses to my athletic
Initial trainer and/or team physician.

 I have read and understand the *NCAA Concussion Fact Sheet*.
Initial

After reading the NCAA Concussion fact sheet, I am aware of the following information:

 A concussion is a brain injury, which I am responsible for reporting to my team physician or
Initial athletic trainer.

 A concussion can affect my ability to perform everyday activities, and affect reaction time,
Initial balance, sleep, and classroom performance.

 You cannot see a concussion, but you might notice some of the symptoms right away.
Initial Other symptoms can show up hours or days after the injury.

 If I suspect a teammate has a concussion, I am responsible for reporting the injury to my
Initial Team Physician or Athletic Trainer.

 I will not return to play in a game or practice if I have received a blow to the head or body
Initial that results in concussion-related symptoms.

 Following a concussion the brain needs time to heal. You are much more likely to have a
Initial repeat concussion if you return to play before your symptoms resolve.

 In rare cases, repeat concussions can cause permanent brain damage, and even death.
Initial

Signature of Student: _____

Parent/Guardian Signature (if under 18 years old): _____

Date: _____