



Head Injury Information

What is a concussion?

A concussion is a brain injury caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Concussions can also result from a fall or from collisions between with one or more individuals or obstacles. They disrupt normal brain function, and can range from mild to severe. A concussion is possible from a minor bump and can occur even without loss of consciousness. As brain injury, concussions are serious.

What are the signs and symptoms?

- Headache
- Dizziness
- Dazed and confused
- Balance problems
- Clumsy
- Behavior or personality changes
- Can't recall events before the hit
- Can't recall events after the hit
- Nausea/Vomiting
- Vision problems
- Sensitive to light

The signs, symptoms, and behaviors of a concussion are not always apparent immediately after a bump, blow, or jolt to the head or body and may develop over a few hours. An athlete should be observed following a suspected concussion and should never be left alone.

What to do?

If your child experiences any of the following, call your Doctor or go to the Emergency room immediately!

- Increased drowsiness, mental confusion or difficult to arouse
- Vomiting, nausea, fever or neck stiffness
- Weakness of face, arms or legs, difficulty balancing
- Blurred or double vision
- Slurred Speech
- Increased severity of a headache
- Seizures
- Drainage of blood or clear fluid from nose or ears
- Any other new or worsening symptoms that concerns you

If your child has any visible bumps or swelling you should apply an ice bag intermittently for the next 24 hours.

Returning to play?

The FHSAA Return to Play (RTP) Criteria: Concussion Management

1. No athlete should return to play (RTP) or practice on the same day of a concussion. "When in doubt, sit them out!"
2. Any athlete suspected of having a concussion must be evaluated by an AHCP (Appropriate Health-Care Professional: MD, DO or PA) as soon as possible and practical.
3. Any athlete who has sustained a concussion must be medically cleared by an AHCP prior to resuming participation in any practice or competition.
4. After evaluation and examination by an AHCP, return to play must follow a step-wise protocol as defined by the "Graded Return to Play Protocol" form and under the supervision of an AHCP, Athletic Trainer, coach, or other health care professional. **Form AT18 (Post Head Injury/Concussion)**
5. A written medical clearance from an AHCP is required for return to competition. **Form AT18**

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