



# CONCUSSION INFORMATION SHEET

## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. A concussion can happen even if you haven't been knocked out. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

## SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

### 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 is "feeling down"


### Signs observed by coaching staff

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

## CONCUSSION POLICY

If a coach suspects that an athlete has a concussion, they will take the following steps:

1. Remove the 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 concussion.

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4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional who is experienced in evaluating for concussions.

## RETURN TO PLAY

Current recommendations are for a stepwise return to play program. In order to resume activity, the athlete must be symptom free and off any pain control or headache medications. The athlete must have clearance from an appropriate health care provider. The program described below is a guideline for returning concussed athletes when they are symptom free. Athletes with multiple concussions and athletes with prolonged symptoms often require a very different return to activity program and should be managed by a physician that has experience in treating concussions.

The following program allows for one step per 24 hours. The program allows for a gradual increase in heart rate/physical exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.

1. About 15 minutes of light exercise: stationary biking or jogging
2. More strenuous running and sprinting.
3. Begin low-impact drills. May also resume weight lifting
4. Full practice
5. Full competition clearance

## ACKNOWLEDGEMENT

Altius requires all team members and their parents to review this information sheet annually and to complete the information sheet and acknowledgement form. Signed forms must be submitted to the team director.

### More Information:

- *Concussions - WIAA* - <https://www.wiaawi.org/Health/Concussions.aspx>
- *Heads Up - CDC* - [https://www.cdc.gov/headsup/basics/concussion\\_what\\_is.html](https://www.cdc.gov/headsup/basics/concussion_what_is.html)
- *USA Gymnastics* - [https://usagym.org/pages/education/pdfs/concussion\\_athletes.pdf](https://usagym.org/pages/education/pdfs/concussion_athletes.pdf)