

### **What is a Concussion?**

A concussion is a brain injury caused by a bump, blow, or jolt to the head, face, neck, or body which results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull. An athlete does not have to lose consciousness to suffer a concussion.

### **Concussion Facts:**

- Concussions occur most frequently in football, but girl's lacrosse, girls' soccer, boy's lacrosse, wrestling and girls' basketball follow closely behind. All athletes are at risk.
- Concussion symptoms may last from a few days to several months.
- A concussion can affect a student's ability to do schoolwork and other activities.
- An athlete may not return to sports while still having symptoms from a concussion as they are at risk for prolonged symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks.
- Most athletes who experience a concussion can recover completely as long as they do not return to play prematurely. The effects of repeated concussions can be cumulative, and after a concussion, there is a period in which the brain is particularly vulnerable to further injury. If an athlete sustains a second concussion during this period, the risk of permanent brain injury increases significantly and the consequences of a seemingly mild second concussion can be very severe, and even result in death (i.e., "second impact syndrome").

### **Concussion Signs Observed By Parents, Coaches, And Athletes:**

- Athlete appears dazed or stunned.
- Is confused about what to do.
- Moves clumsily.
- Loses consciousness.
- Shows behavior or personality changes.
- Can't recall events prior to hit.
- Can't recall events after hit.

### **Signs And Symptoms Of A Concussion:**

- Athlete feels Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy or groggy.

- Concentration or memory problems.
- Confusion.

**Actions If An Athlete Suffers A Suspected Concussion Event:**

- Immediately remove the athlete from play, whether working with an instructor, or on their own. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, an increased risk for further injury, and even a risk of death.

If the injured party appears to be dazed, stunned, confused, answers questions slowly or asks to repeat questions, can't recall events prior to incident, loses consciousness (even briefly), shows change in behavior or personality, or forgets what they were doing, you should call 911, proceed to an emergency room or call your family doctor.

- If a staff member is present, please make them aware of the incident, otherwise you can call 571-781-4564 to report the incident, or fill out our incident report form on our website.
- If the event doesn't require any of the aforementioned, please still refrain from continuing physical activity at SixFour3 and consider having a medical professional diagnose the individual.
- **WHEN IN DOUBT, DO NOT CONTINUE TRAINING. GO HOME AND EVALUATE YOUR SYMPTOMS AND CONSIDER CALLING YOUR DOCTOR.**

**When Can An Athlete Return To Training Activities?**

- Athletes may not return to training on the same day after suffering a concussion.
- Athletes must be evaluated by a health care professional and be cleared before returning to training.
- Once cleared, the athlete may proceed with activities in a stepwise fashion to allow the brain to re-adjust to exertion.

**Steps The Athlete Must Follow After Clearance By A Medical Professional:**

If symptoms occur during any of the following steps, the athlete must cease activity and be re-evaluated and cleared by their health care provider.

- Step 1 – Light exercise, including walking or riding an exercise bike. No weightlifting.
- Step 2 – Running in the gym or on the field. No helmet or other equipment.
- Step 3 – Non-contact training drills and weight training can begin.
- Step 4 – Full practice or training.
- Step 5 – Resume training.

**REST IS THE BEST TREATMENT FOR A CONCUSSION**