

# HEADS UP – SPORTS CONCUSSION: Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious.

## WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until hours or days after the injury.

If an athlete reports **one or more** symptoms of concussion after a bump, blow or jolt to the head or body, he or she should be kept out of play the day of the injury and until a physician, experienced in evaluating for concussion, says he or she is symptom-free and it’s OK to return to play.

## DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have had a previous concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

## CONCUSSION DANGER SIGNS

In rare cases, an impact can cause bleeding in the brain. An athlete should receive immediate medical attention if after a bump, blow or jolt to the head or body he or she exhibits any of the following danger signs:

- One pupil is larger than the other (if not a normal state for the athlete)
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (Even a brief loss of consciousness should be taken seriously.)

| Signs Observed by Coaching Staff                | Symptoms Reported by Athletes              |
|---|--|
| Appears dazed or stunned                        | Headache or “pressure” in head             |
| Is confused about assignment or position        | Nausea or vomiting                         |
| Forgets an instruction                          | Balance problems or dizziness              |
| Is unsure of game, score or opponent            | Double or blurry vision                    |
| Moves clumsily                                  | Sensitivity to light                       |
| Answers questions slowly                        | Sensitivity to noise                       |
| Loses consciousness, even briefly               | Feeling sluggish, hazy, foggy or groggy    |
| Shows mood, behavior or personality changes     | Concentration or memory problems           |
| Can’t recall events <i>prior</i> to hit or fall | Confusion                                  |
| Can’t recall events <i>after</i> hit or fall    | Just not “feeling right” or “feeling down” |

This information is provided by Providence Health & Services and our sports concussion specialists.

## WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

When an athlete has a concussion, his or her brain needs time to heal. While an athlete's brain is still healing, he or she is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

**Remember:** Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days or even weeks. A more serious concussion can last for months or longer.

## WHAT SHOULD YOU DO IF YOU THINK AN ATHLETE HAS A CONCUSSION?

**1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention.**

Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says he or she is symptom-free and it's OK to return to play.

**2. Rest is key to helping an athlete recover from a concussion.**

Exercising or activities that involve a lot of concentration, such as studying, working on the computer and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

**3. Tell your child's coach about any recent concussion.**

Coaches should know if your child had a recent concussion. The coach may not know about a previous concussion, and there could be serious health risks for your child.

This information is adapted from the Centers for Disease Control and Prevention's Heads Up concussion program. For detailed information on concussion and traumatic brain injury, visit [cdc.gov/headsup/providers](http://cdc.gov/headsup/providers).

**PROVIDENCE IS COMMITTED TO HELPING YOUNG ATHLETES, THEIR FAMILIES  
AND THEIR COACHES PREVENT, RECOGNIZE AND TREAT CONCUSSIONS.**

[ProvidenceOregon.org/concussion](http://ProvidenceOregon.org/concussion)

Sherwood Youth Soccer Club takes concussions very seriously. It is important that a player's health and well-being take precedence over participating and competing in practices and games. Medical advice should be sought if any of the danger signs outlined in the information sheet occur or if you have concerns about a bump, blow or jolt to the head or body that happened while participating in an activity.

I acknowledge that I have received and read the Providence "Heads Up" Parent/Athlete Concussion Information Sheet.

Parent Signature \_\_\_\_\_

Printed Name \_\_\_\_\_

Player Name \_\_\_\_\_

Date \_\_\_\_\_

Please return this confirmation page to your head coach or team manager. Keep the information sheet for future reference.