IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

- Remove the athlete from play
- Ensure that the athlete is evaluated by a healthcare professional experienced in evaluating for concussion symptoms. Do not try to judge the seriousness of the injury by yourself.
- Inform the athlete’s parents or guardians about the possible concussion and give them the fact sheet on concussions.
- Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a healthcare professional with proper experience.

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
- Not "feeling right"

**SIGNS OBSERVED BY COACHING STAFF:**
- Appears dazed or stunned
- Is confused about assignment or position
- Forgets instructions
- 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

HEADS UP CONCUSSION PLAN

**IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!**