THE FACTS
• A concussion is a brain injury.
• All concussions are serious.
• Concussions can occur without loss of consciousness or other obvious signs.
• Concussions can occur from blows to the body as well as to the head.
• Concussions can occur in any sport.
• Recognition and proper response to concussions when they first occur can help prevent further injury or even death.
• Athletes may not report their symptoms for fear of losing playing time.
• Athletes can still get a concussion even if they are wearing a helmet.
• Data from the NCAA Injury Surveillance System suggests that concussions represent 5 to 18 percent of all reported injuries, depending on the sport.

WHAT IS A CONCUSSION?
A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. Concussions can also result from hitting a hard surface such as the ground, ice or floor, from players colliding with each other or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.

RECOGNIZING A POSSIBLE CONCUSSION
To help recognize a concussion, watch for the following two events among your student-athletes during both games and practices:
1. A forceful blow to the head or body that results in rapid movement of the head;
   - AND -
2. Any change in the student-athlete’s behavior, thinking or physical functioning (see signs and symptoms).

SIGNS AND SYMPTOMS

Signs Observed By Coaching Staff
• Appears dazed or stunned.
• Is confused about assignment or position.
• Forgets plays.
• Is unsure of game, score or opponent.
• Moves clumsily.
• Answers questions slowly.
• Loses consciousness (even briefly).
• Shows behavior or personality changes.
• Can’t recall events before hit or fall.
• Can’t recall events after hit or fall.

Symptoms Reported By Student-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.
• Does not “feel right.”