



SIGNS AND SYMPTOMS

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

SIGNS OBSERVED

- 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
- Can't recall events *after* hit or fall

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"

ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four 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 CDC fact sheet for parents on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.

ADDITIONAL AYSO PROCEDURES

- Complete AYSO Incident Report
- Refer parents to the AYSO/CDC Information sheet and SAI information available at AYSO.org
- Obtain signed AYSO Participation Release from Parent/Guardian prior to return to play
- Obtain a Medical Release if required by State Law
- Give all signed forms to your AYSO Safety Director

IMPORTANT PHONE NUMBERS

Emergency Medical Services

Name: _____

Phone: _____

Coaching Staff Available During Practices

Name: _____

Phone: _____

Health Care Professional

Name: _____

Phone: _____

Coaching Staff Available During Games

Name: _____

Phone: _____

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

For more information and to order additional materials free-of-charge, visit:

www.cdc.gov/Concussion