

Concussion

A concussion is a type of brain injury caused by a blow to the head that can range from mild to severe and disrupts the way the brain normally works. Concussions can occur in any sport during games or practices. You don't need to be knocked unconscious to suffer a concussion.

Every concussion is a serious injury and needs to be treated seriously.

- Always use appropriate, well-fitting equipment in good repair; this includes bike helmets!
- Practice good sportsmanship at all times
- All concussion, even minors ones, must be reported to coaches, parents and teachers
- It is better to miss one game than the whole season

Nausea

Headache

Sensitivity to light

Vomiting

Confusion

Problems with balance

Blurred vision

Fatigue

- **Appears dazed or confused**
- **Forgets plays or assignments**
- **Is unsure of game, score or opponent**
- **Is clumsy or off balance**
- **Personality or behavior changes**
- **Sleeping problems**

Any player who has or may have a concussion needs to be evaluated by a medical professional before returning to play.

Players must be completely symptom free before returning to play. Length of time symptom free depends on a number of factors including: History of prior injury, how long symptoms lasted and severity of symptoms.