

Did you know?

- 173,285 children between infancy and 19 years old are treated in emergency rooms each year for sports or recreation related concussions and other head injuries.¹
- Sports and recreational activities contribute to about 21 percent of all traumatic brain injuries among American children.²
- Athletes who have previously experienced a concussion are at an increased risk for another concussion.¹
- More than 90 percent of sports-related concussions occur without the loss of consciousness.²

Concussion Recognition

Concussions normally follow this sequence of events:

- A forceful blow to a child's head during sports

AND

- A change in the child's behavior, thinking, or physical functioning

What happens next?

If you suspect that an athlete has a concussion, implement this 4-step action plan:

- 1 **Remove the athlete from play.** When in doubt, sit them out.
- 2 **Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussions.** Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
 - Cause of the injury and the force of the hit or blow to the head or body
 - Any loss of consciousness (passed out/knocked out) and if so, the duration
 - Any memory loss immediately following the injury
 - Any seizures immediately following the injury
 - Number of previous concussions (if any)
- 3 **Inform the athlete's parents or guardians about the possible concussion.** Make sure they know that the athlete should be seen by a health care professional experienced in evaluating concussions.
- 4 **Keep the athlete out of play the day of the injury and until an appropriate health care professional says he or she is symptom-free and is okay to return to play.**

Examples of questions you can ask your athletes if you suspect a concussion:

Orientation:

What month is it?
What is the date?
What day of the week is it?
What time (approximate) is it?
Repeat the following words:
elbow, apple, carpet, saddle,
bubble

Concentration:

Recite the following digits
backwards:
4-7-2
2-9-5-6
5-3-7-4-9
6-1-4-2-8-7
Recite the months of the year
in reverse order:
Dec-Nov-Oct-Sep-Aug-Jul-
Jun-May-Apr-Mar-Feb-Jan

Exertional Maneuvers:

Instruct the camper to
complete:
Five jumping jacks
Five sit-ups

Immediate Memory:

Ask the camper to remember
and recite the five words from
earlier:
elbow, apple, carpet, saddle,
bubble

