

## What is a Concussion?

- A concussion is a brain injury that is caused by a blow to the head or body. The blow can come from another person, a piece of equipment or the playing surface.
- A concussion can change the way your brain works.
- You cannot see a concussion. The symptoms may show up right away or they can take a couple hours or even days.
- A concussion presents differently in each athlete, it can range from mild to severe.
- A concussion can happen during practice or competition. You do not need to be “knocked-out” to get a concussion. It can be serious even if you are “just dinged”.

## What are the Symptoms?

- Headache or “Pressure in the head
- Nausea or Vomiting
- Dizziness or Balance Problems
- Sensitivity to Light or Noise
- Feeling Slowed Down or “In a Fog”
- Difficulty Concentrating or Remembering
- Double or Blurry Vision
- Feeling Fuzzy, Sluggish or Hazy
- Feeling more Emotional, Irritable, Sad, Nervous or Anxious
- Feeling Confused
- Just don’t feel right
- The Symptoms may get worse or return with exercise or activities that require concentration

## How can I prevent a Concussion?

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid hitting an opponent in the head. Undercutting, flying elbows, stepping on heads, checking unprotected opponents & sticks to the head all cause concussions.
- Practice good sportsmanship at all times.

## What should you do if you think you have a concussion?

- Tell your Athletic Therapist, Coaches and Parents. Also tell them if you suspect a teammate might have a concussion. That is why there are injury timeout and player substitutions. If in doubt get checked out.
- Do not return to practice or the game without getting assessed by a professional.
- Take time to recover. If you have a concussion your brain needs time to recover. If you return to activity before you are recovered you are much more likely to have a repeat concussion.
- In rare cases, repeat concussions can cause permanent brain damage & even death.