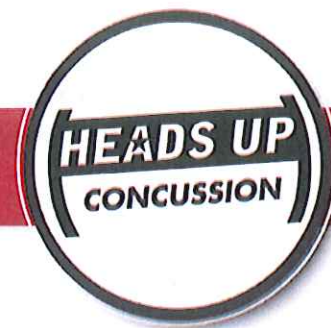


HEADS UP CONCUSSION ACTION PLAN



IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING 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 fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

▶ **"IT'S BETTER TO MISS
ONE GAME, THAN THE
WHOLE SEASON."**



CONCUSSION SIGNS AND SYMPTOMS

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

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"

SIGNS OBSERVED BY COACHING STAFF

- 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



**BRAIN INJURY
ASSOCIATION**
OF NEW YORK STATE

www.bianys.org

1-800-444-6443

JOIN THE CONVERSATION AT www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

BRAIN INJURY ASSOCIATION OF NEW YORK STATE

NYS Concussion Management and Awareness Law

Requires

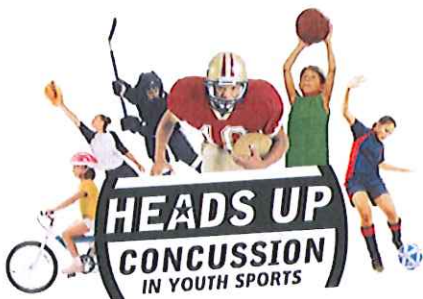
- Immediate removal from athletic activities of a student believed to have sustained or who has sustained a mild brain injury
- No return until student is symptom free for at least 24 hours; must be evaluated and receive written permission to return by a licensed physician
- All coaches, physical education teachers, nurses and athletic trainers are required, biennially, to complete a course of instruction relating to recognition of symptoms of mild brain injury and monitoring and seeking appropriate medical treatment
- Parents or others in parental relationship must sign permission slip that contains information relating to concussion
- NYS State Education Department, NYS Department of Health and school districts must post information on their websites

Discretionary

- School districts are authorized to establish a concussion management team to oversee the implementation of concussion policies and procedures in the district and to be a resource for parents, athletes, and school staff

Brain Injury Association
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About the Brain Injury Association of New York State

A statewide, non-profit membership organization, the Brain Injury Association of New York State (BIANYS) provides help and hope for individuals with brain injury and their families. The Association is the premier support and advocacy organization in New York State for those thrust into the often confusing and overwhelming world of brain injury, offering information, answering questions, sharing experiences, providing comfort and caring, as well as promoting prevention. Through its comprehensive Family Advocacy, Counseling, and Training Services Program (FACTS), online LEARNet resource, as well as training, public education, advocacy, chapters, and support groups, BIANYS assures no one is forced to face the trauma of brain injury alone. BIANYS is the chartered state affiliate of the Brain Injury Association of America