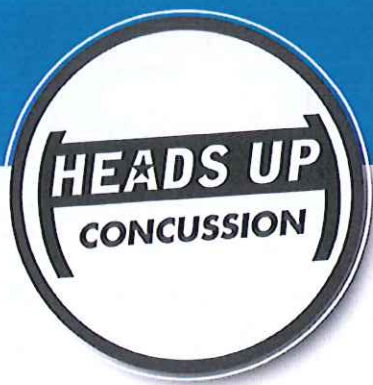


# PARENT & ATHLETE CONCUSSION INFORMATION SHEET



## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

## WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

## DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

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



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

## 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

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Albany, New York 12206

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[www.bianys.org](http://www.bianys.org)



### 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