



North Hall Jr Trojans Football Association

Concussion Awareness

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way a player's brain normally works.
- Can occur during Practices and/or Contests in any sport.
- Can happen even if a player has not lost consciousness.
- Can be serious even if a player has just been "dinged" or "had their bell rung."

All concussions are serious. A concussion can affect a player's ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most players with a concussion get better, but it is important to give the concussed player's brain time to heal.

What are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed player, **one or more** of the symptoms listed below may become apparent and/or that the player "doesn't feel right" soon after, a few days after, or even weeks after the injury.

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| -Headache or "pressure" in head | -Feeling sluggish, hazy, foggy, or groggy |
| -Nausea or vomiting | -Difficulty paying attention |
| -Balance problems or dizziness | -Memory problems |
| -Double or blurry vision | -Confusion |
| -Bothered by light or noise | |

What should players do if they believe that they or someone else may have a concussion?

- **Players feeling any of the symptoms set forth above should immediately tell their Coach and their parents.** Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.
- **The player should be evaluated.** A licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management, should examine the player, determine whether the player has a concussion, and determine when the player is cleared to return to participate in interscholastic athletics.
- **Concussed players should give themselves time to get better.** If a player has sustained a concussion, the player's brain needs time to heal. While a concussed player's brain is still healing, that player is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed player to recover and may cause more damage to that player's brain. Such damage can have long term consequences. It is important that a concussed player rest and not return to play until the player receives permission from an MD or DO, sufficiently familiar with current concussion management, that the player is symptom-free.

How can players prevent a concussion?

Every sport is different, but there are steps players can take to protect themselves.

- Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a player, it must be:
- The right equipment for the sport, position, or activity; Worn correctly and the correct size and fit; and used every time the player Practices and/or competes.
- Follow the Coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If a player believes they may have a concussion: Don't hide it. Report it. Take time to recover.