



safer
communities

SAFER SPORTS

IDENTIFYING CONCUSSIONS

Athletes

Watch for warning signs

- Headache
- Dizziness, sluggishness
- Sensitivity to light/noise
- Double vision or blurry vision
- Vomiting or stomach ache
- Problems focusing or remembering
- Confusion, feeling emotional or “down”
- Trouble sleeping

What you should do

- Report it to your parent, coach or trainer and get checked out.
- Playing or practicing with a concussion is dangerous and can lead to longer recovery and serious brain injury.

Parents, Coaches & Officials

Watch out for possible concussions

- Use injury timeouts to remove any player with a possible concussion.
- Enforce the rule that athletes with a possible concussion do not return to play until they have been cleared by a health-care provider.
- When in doubt, sit them out.