



Concussion Awareness in Youth Sports

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Concussions can occur in *any* sport or recreation activity. A concussion can have long term impacts on young athletes such as their health, memory, learning and even their survival. This has led to a new effort to improve prevention, recognition and response to sports-related concussion.

To help ensure the health and safety of young athletes, Recreation & Parks has begun a awareness campaign to offer information about concussions to coaches, parents, and athletes involved in youth sports.

The following are a list of symptoms that may suggest a concussion has occurred.

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy



- Feeling irritable, more emotional, or "down"
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

What Should You Do If You Think a Concussion Has Occurred?

1. **Seek medical attention right away** - A health care professional will be able to decide how serious the concussion is and when it is safe to return to play.
2. **Do not return to play until medically cleared** - Concussions take time to heal. Don't return to play until a health care professional says it's OK. Children who return to play too soon while their brain is still healing risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting the injured student-athlete for a lifetime.
3. **Inform all coaches about any recent concussions** - Coaches should know if an athlete has had a recent concussion. The coach may not know about a concussion in another sport or activity if he or she is not informed by the parent, guardian or athlete.

[Online Training Course](#)

[Coaches Fact Sheet](#)

[Parent Fact Sheet](#)

[Athlete Fact Sheet](#)

