

Concussions

PaulyGirl Fastpitch, LLC in conjunction with our High Performance Pitching Coach Certification Program is providing this extremely valuable information. It is a requirement of certification that you have reviewed this entire document and sign/date & send a copy to PaulyGirl Fastpitch for placement in your file.

The excerpts below are taken from respected authorities and are so recognized.

Basics of Concussions



THE FACTS

- A concussion is a brain injury.
- All concussions are serious.
- Most concussions occur without loss of consciousness.
- Concussions can occur in *any* sport or recreation activity.
- Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

A bump, blow, or jolt to the head can cause a concussion, a type of traumatic brain injury (TBI). Concussions can also occur from a blow to the body that causes the head to move rapidly 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.

RECOGNIZING A POSSIBLE CONCUSSION

To help recognize a concussion, you should watch for and ask others to report the following two things among your athletes:

1. A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.

--and--

2. Any change in the athlete's behavior, thinking, or physical functioning.

Athletes who experience **one or more** of the signs and symptoms listed below after a bump, blow, or jolt to the head or body should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.

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

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"

DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated

- Has unusual behavior
- Loses consciousness (a brief loss of consciousness should be taken seriously and the student should be carefully monitored).

WHEN A CONCUSSION IS SUSPECTED

If you suspect that an athlete has a concussion, implement your four-step action plan:

1. Remove the athlete from play. Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, sit them out.

2. Ensure that the athlete is evaluated by a health care professional experienced in

evaluating for concussion. Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out/knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (*if any*)

3. Inform the athlete's parents or guardians about the possible concussion and give them

CDC's fact sheet on concussion. This fact sheet can help parents monitor the athlete for sign or symptoms that appear or get worse once the athlete is at home or returns to school.

4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to

return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

Take a FREE online training on concussion or get more information and educational resources

on concussion, go to: www.cdc.gov/Concussion

The above information was provided by the U.S. Centers for Disease Control. Also, please note that concussion awareness disclosures, protocols and requirements may be mandated by state or local law. Consult applicable laws for legal requirements.

We also strongly suggest watching this video on the Basics of Concussion Protocol.

Basics of Concussion Management Protocol

<https://www.youtube.com/watch?v=55YmbIG9YM>

Each State has their own laws regarding Concussion protocol. You should be aware of your state law.

I have reviewed the above document on Concussions

Name

Date