



# EAST NASHVILLE ATHLETICS

## Concussion Form

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain.

### HOW CAN I RECOGNIZE A POSSIBLE CONCUSSION?

To help spot a concussion, you should watch for and ask others to report the following two things:

1. A forceful bump, blow or jolt to the head or body that results in rapid movement of the head.
2. Any concussion signs or symptoms such as a change in the athlete's behavior, thinking or physical functioning.

Signs and symptoms generally show up soon after the injury. However, you may not know how serious the injury is at first and some symptoms may not show up for hours or days. For example, in the first few minutes your child or teen might be a little confused or a bit dazed, but an hour later your child might not be able to remember how he or she got hurt.

You should continue to check for signs of concussion right after the injury and a few days after the injury. If your child or teen's concussion signs or symptoms get worse, you should take him or her to the emergency department right away.

## **SIGNS AND SYMPTOMS**

### SIGNS OBSERVED BY COACHING STAFF

Can't recall events prior to or after a hit or fall.

Appears dazed or stunned.

Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent. Moves clumsily.

Answers questions slowly.

Loses consciousness (even briefly).

Shows mood, behavior, or personality changes.

### SYMPTOMS REPORTED BY ATHLETE

Headache or "pressure" in head.

Nausea or vomiting.

Balance problems or dizziness, or double or blurry vision.

Bothered by light or noise.

Feeling sluggish, hazy, foggy, or groggy.

Confusion, or concentration or memory problems.

Just not "feeling right," or "feeling down".

No matter whether if the athlete is a key member of the team or the game is about to end, an athlete with a suspected concussion should be immediately removed from play.

The athlete should be removed from play until the athlete is evaluated by a physician with training in the evaluation and management of sports concussions.

After you remove an athlete with a suspected concussion from practice or play, the decision to return to practice or play is a medical decision

If an ENA player has a concussion a physician's note must be provided to ENA staff before the athlete is allowed to play or practice.

Sign \_\_\_\_\_

Date \_\_\_\_\_