Concussions on the Field

4 signs of a concussion

1. Loss of consciousness. Any player who blacks out, even for a second, may have a concussion and should be seen by a doctor.

2. Nausea or vomiting. These are common reactions to a brain injury, and are signs of concussion.

3. Grogginess, clumsiness, or sensitivity to light. These are also common symptoms of someone who’s suffered a concussion.

4. Confusion or disorientation. Ask the player the 4 questions on the next panel to check for symptoms of concussion.

4 questions to ask if you suspect a concussion

1. What team are you playing today, and what’s the score right now? Disorientation is a sign of concussion.

2. How did you get to the game today? What time? Loss of memory from shortly before the injury is a sign of concussion.

3. How did you get off the field just now? Loss of memory from after the injury is another sign.

4. Do you feel dizzy or nauseated, or do you have a headache or blurry vision? These are all symptoms of concussion.

4 things to do when you suspect (or have) a concussion

1. Take the player off the field. If you have any reason to suspect concussion, do not allow the player to return to the game.

2. Seek medical attention. Concussion is not for amateurs—anyone who shows signs of concussion requires a thorough examination.

3. Don’t go back too soon. Listen to your doctor’s advice about how long to heal before playing again.

4. Tell other coaches about it. If you suffer a concussion, you need to let all your coaches know about it.