***Stilly Valley Concussion Training for Managers and Coaches***

***All Managers and coaches must read and sign this document prior to beginning practices or participation in a game.***

**THE FACTS**

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

**WHAT IS A CONCUSSION?**

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goals post.

The potential for concussions is greatest in athletic environments where collisions are common. Concussions can occur however, in any organized or unorganized sport or recreational activity. As many as 3.8 million sports and recreation related concussions occur in the United States each year.

**RECOGNIZING A POSSIBLE CONCUSSION**

**To help recognize a concussion, you should watch for the following two things among your athletes:**

1. A forceful blow 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. (See the signs and symptoms of concussion.)

**SIGNS AND SYMPTOMS**

***SIGNS OBSERVED BY COACHING STAFF***

* Appears dazed or stunned
* Is confused about assignment or position
* Forgets sports plays
* Is unsure of game, score or opponent
* Moves clumsily
* Answers questions slowly
* Loses consciousness (even briefly)
* Shows behavior or personality changes
* Can’t recall events prior to hit or fall

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***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
* Does not “feel right”

Athletes who experience any of these signs or symptoms after a bump or blow to the head should be kept from play until given permission to return to play by a health care professional with experience in evaluating for concussion. Signs and symptoms of concussion can last from several minutes to days, weeks, months, or even longer in some cases.

Remember, you can’t see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that you athlete has a concussion, you should keep the athlete out of the game or practice.

**PREVENTION AND PREPARATION**

As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athlete and the team:

* **Educate athletes and parents about concussion**. Talk with athletes and their parents about the dangers and potential long-term consequences of concussion. For more information on long term effects of concussion, view the following online video clip: <http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm#Video>. Explain your concerns about concussion and your expectations of safe play to athletes, parents and assistant coaches. Pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.
* **Insist that safety comes first.**
* Teach athletes safe playing techniques and encourage them to follow the rules of play.
* Encourage athletes to practice good sportsmanship at all times
* Make sure athletes wear the right protective equipment for their activity (such as helmets, padding, shin guards and eye and mouth guards.
* Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion.
* **Teach athletes and parents that it’s not smart to play with a concussion.** Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don’t let athletes persuade you that they’re “just fine” after they have sustained any bump or blow to the head. Ask if players have ever had a concussion.

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* **Prevent long**-**term** **problems.** 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 brain swelling, permanent brain damage and even death. This more serious condition is called ***second impact syndrome.*** Keep athletes with known or suspected concussion from play until they have been evaluated and given permission to return to play by a health care professional with experience in evaluating for concussion. Remind your athletes: “It’s better to miss one game than the rest of the season.”

**ACTION PLAN**

***WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?***

1. **Remove the athlete from play.** Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
2. **Ensure that the athlete is evaluated right away by an appropriate health care professional.** 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.
* 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)

1. **Inform the athlete’s parents or guardians about the possible concussion and give them the fact sheet on concussion.** Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion
2. **Allow the athlete to return to play only with permission from a health care professional with experience in evaluation for concussion.** A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete’s return to the activity until the player receives appropriate medical evaluation and approval for return to play.

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**“Manager and Coaches Record of Training and Agreement to Comply with Concussion and Head Injury Requirements”**

As a condition of managing or coaching I have read the manager and coaches training and information and will follow the practices on concussions and head injuries, including educating my parents and players. I will also comply with all my league’s policies regarding concussions and head injuries. I will sit a player out when in doubt and not allow that player to return to practice or a game until they are cleared to play by a health care professional.

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Manager (print name)

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Manager (signature) Date

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Coach (print name)

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Coach (signature) Date