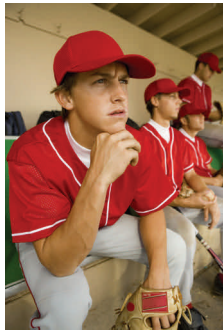


What should you do?

If you think your child has a concussion you must do the following:

- Remove him/her from playing
- Get an evaluation from a doctor
- Tell the school/athletic advisor

When in Doubt, Sit them out!



For more information please visit
[www.cdc.gov/ncipc/tbi/
coaches_tool_kit.htm](http://www.cdc.gov/ncipc/tbi/coaches_tool_kit.htm)

What is a Concussion?

A concussion is a brain injury that results in temporary disruption of normal brain functions



How does it happen?

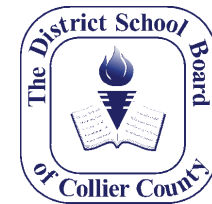
A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull because of a blow to the head or body

For Additional Information Please Contact
Joe Kemper
Coordinator Interscholastic Athletics
239-377-0509 or keniavelez@collier.k12.fl.us

Parent Guide to Concussion Management



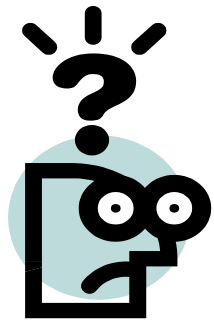
A guide to **what** you need to know & **how** You can help!



What are the Signs?

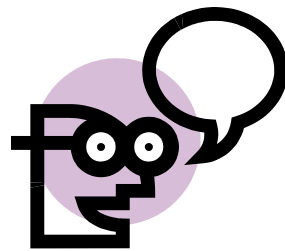
Observed by parent

- Appears dazed or stunned
- Is confused about what to do
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Can't recall events prior to hit or fall



Athlete reported symptoms

- Headache
- Nausea
- Balance problems
- Dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion



Note: Do not try to judge yourself if the athlete does in fact have an injury. Contact a physician.

Return to Play

The athlete must meet all of the following criteria in order to progress to activity:

- No symptoms at rest
- No symptoms with exertion (mental and physical)
- Within normal baseline on post-injury ImPact test
- Written clearance from a primary care physician or specialist (not an emergency room Dr.)

