



# Encinitas National Little League

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## Parent & Athlete Concussion Information Sheet

Encinitas National Little League is committed to the safety and well-being of all players. This information sheet is provided to help parents and athletes understand what a concussion is, how to recognize one, and what actions should be taken if a concussion is suspected. A concussion is a serious injury and should always be treated carefully.

### What Is a Concussion?

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth.

This sudden movement can cause the brain to move inside the skull, leading to chemical changes in the brain, stretching or damage to brain cells, and temporary changes in how the brain functions.

### How Parents Can Help Keep Athletes Safe

- Encourage a culture of safety within the team.
- Support coaches in teaching athletes how to avoid unnecessary contact and play safely.
- Talk openly with your child about concussion symptoms and the importance of reporting them.
- Encourage athletes to follow all league and coach safety rules.
- Promote good sportsmanship and respect for opponents.
- Ensure athletes wear proper protective equipment when required.

No helmet or equipment can completely prevent concussions, so avoiding hits to the head remains critical.

### How to Recognize a Possible Concussion

Signs observed by parents, coaches, or teammates:

- Appears dazed or stunned
- Confused about assignments or game situation
- Forgets instructions or plays
- Moves clumsily or loses balance
- Responds slowly to questions
- Shows mood or behavior changes
- Cannot remember events before or after a hit
- Loses consciousness (even briefly)

Symptoms reported by the athlete:

- Headache or pressure in the head
- Nausea or vomiting
- Dizziness or balance problems
- Blurry or double vision
- Sensitivity to light or noise
- Feeling sluggish, foggy, or groggy
- Difficulty concentrating or remembering
- Feeling generally unwell or 'not right'

### **Danger Signs Requiring Immediate Medical Attention**

- One pupil larger than the other
- Severe or worsening headache
- Drowsiness or inability to wake up
- Slurred speech
- Weakness, numbness, or poor coordination
- Repeated vomiting
- Seizures or convulsions
- Increasing confusion or unusual behavior
- Loss of consciousness

If any of these symptoms occur after a hit to the head or body, call 911 or seek emergency medical care immediately.

### **What To Do If a Concussion Is Suspected**

1. Remove the athlete from play immediately.
2. Do not allow the athlete to return to play the same day.
3. Have the athlete evaluated by a qualified healthcare provider.
4. The athlete may return to play only with written clearance from a healthcare provider experienced in concussion evaluation.

The brain needs time to heal. Returning to play too soon can increase the risk of a second concussion and may result in more serious or long-term injury.

### **Recovery and Return to Play**

Most children recover from a concussion within a few weeks, but recovery times vary. A healthcare provider should guide the athlete through a gradual return to school and sports. Athletes should never resume play while symptoms remain.

### **Additional Information**

For more information about concussion safety, visit the CDC HEADS UP program: <https://www.cdc.gov/headsup>