## SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

### SIGNS OBSERVED

- Appears dazed or stunned
- Is Confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciounsess (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

### 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
- Just not "feeling right" or is "feeling down"

### SEEK IMMEDIATE MEDICAL ATTENTION FOR ANY OF THE FOLLOWING SYMPTOMS

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and won't go away
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Unusual behavior, confusion, restlessness or agitation
- Loss of consciousness

## COACH ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the CDC fact sheet for parents on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.

### ADDITIONAL AYSO COACH PROCEDURES

5. Submit AYSO Incident Report to Safety Director
6. Refer parents to the AYSO/CDC Information sheet and SAI information available at AYSO.org
7. Obtain signed AYSO Participation Release from Parent/Guardian prior to return to play
8. Obtain a Medical Release if required by State Law
9. Give all signed forms to your AYSO Safety Director

### AYSO REFEREE ACTION PLAN

During a game, if there is any reason to suspect a concussion:

1. Whistle to stop play immediately.
2. Call the coach onto the field.
3. If safe, have the player leave the field to be checked for signs /symptoms. If any sign/symptoms are observed, the player must not play for the remainder of the day.
4. If signs/symptoms are observed after the player returns to play, remove player from the game.
5. File a supplemental game report of the incident with the appropriate AYSO authority.

**REMEMBER, WHEN IN DOUBT, SIT THEM OUT.**

For more information and to order additional materials free-of-charge, visit:

**www.cdc.gov/Concussion**