

<p><b>If you suspect that a player has a concussion:</b></p> <ol style="list-style-type: none"> <li>1. Remove athlete from play immediately.</li> <li>2. Have athlete evaluated by an appropriate health care professional if available. If an appropriate health care professional is not available, monitor athlete for worsening symptoms.</li> <li>3. Inform athlete’s parents or guardians about the possible concussion.</li> <li>4. Allow athlete to return to play ONLY with permission from an appropriate health care professional.</li> </ol> <p><b>**With worsening symptoms or any loss of consciousness the athlete should be taken to the ER.</b></p> 	<p><b>Signs observed by coaches:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Appears dazed or stunned</li> <li><input type="checkbox"/> Confused about assignment or position</li> <li><input type="checkbox"/> Forgets instruction</li> <li><input type="checkbox"/> Unsure of game, score, or opponent</li> <li><input type="checkbox"/> Moves clumsily</li> <li><input type="checkbox"/> Answers slowly</li> <li><input type="checkbox"/> Loses Consciousness</li> <li><input type="checkbox"/> Mood or behavior changes</li> <li><input type="checkbox"/> Can’t recall prior to hit</li> <li><input type="checkbox"/> Can’t recall after hit</li> </ul>	<p><b>Symptoms reported by athlete:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Headache or “pressure” in head</li> <li><input type="checkbox"/> Nausea or vomiting</li> <li><input type="checkbox"/> Balance problems or dizziness</li> <li><input type="checkbox"/> Double or blurry vision</li> <li><input type="checkbox"/> Sensitivity to light</li> <li><input type="checkbox"/> Sensitivity to noise</li> <li><input type="checkbox"/> Feeling sluggish, hazy, foggy, or groggy</li> <li><input type="checkbox"/> Concentration or memory problems</li> <li><input type="checkbox"/> Confusion</li> <li><input type="checkbox"/> Does not “feel right”</li> </ul>
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