



Garner Parks, Recreation & Cultural Resources Concussion Action Plan

1. Remove the athlete from play.
2. Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a healthcare provider. Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess an athlete for possible concussion.
3. Record and share information about the injury. Such as how it happened and the athlete's symptoms..
4. Inform the athlete's parent(s) about the possible concussion and refer them to **CDC's website for concussion information.**
5. Before returning to play. The athlete should have the green-light from their healthcare provider to begin the return to play process.
6. Report the incident to staff.

SIGNS & SYMPTOMS:

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

SIGNS OBSERVED BY COACHING STAFF:

- 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 consciousness
- 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 noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"