



**Concussion Signs and Symptoms Information Sheet**  
**(Athlete/Parent/Guardian Copy)**

**What is a Concussion?**

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

**Did you know?**

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks following the injury.

If an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, the athlete should be kept out of play the day of the injury and until an approved health care provider\* says the athlete is symptom-free and it is safe to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balanced problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness, even briefly	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events <i>prior</i> to hit or fall	Confusion
Can’t recall events <i>after</i> hit or fall	Just not “feeling right,” or “feeling down”

**What are the Concussion Danger Signs?**

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention after a bump, blow, or jolt to the head or body if the athlete exhibits any of the following danger signs:

- Has one pupil larger than the other;
- Is drowsy or cannot be awakened;
- Has a headache that does not diminish or go away;
- Has weakness, numbness, or decreased coordination;
- Has repeated vomiting or nausea;
- Has slurred speech;
- Has convulsions or seizures;
- Unable to recognize people or places;
- Becomes increasingly confused, restless, or agitated;
- Demonstrates unusual behavior;
- Loses consciousness (even though brief it is serious)

**Remember:**

Concussions affect individuals differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or weeks. A more serious concussion can last for months or longer.

### **Why should an Athlete Report Symptoms?**

If an athlete has a concussion, their brain needs time to heal. While an athlete's brain is healing, they are more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to one's brain. They (concussions) can even be fatal.

### **What should you do if you think your Athlete has a Concussion?**

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do NOT try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care provider\* says the athlete is symptom-free and is safe to return to play.

Rest is a key component to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration such as studying, working on the computer, or playing video games may cause concussion symptoms to reappear or grow worse. Following a concussion, returning to sports and school should be a gradual process that is carefully managed and monitored by a health care professional.

***\*NOTE: Health Care Provider means a Tennessee licensed medical doctor, osteopathic physician, or clinical neuropsychologist with concussion training.***



**Concussion Acknowledgement Form**  
**(Athlete/Parent/Guardian)**

**MUST** be signed and returned to the member club/association that is affiliated with Tennessee State Soccer Association (TSSA) prior to participation in practice or competition.

Athletes Name(s): \_\_\_\_\_

Parent/Legal Guardian Name(s): \_\_\_\_\_

Athlete's Initials		Parent/Legal Guardian's Initials
	A concussion is a brain injury which should be reported to ones parents/legal guardian, coaches, or a medical professional if one is available.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up many hours or days following an injury.	
	I understand and will tell my parents/legal guardian, coach, and/or medical professional about my injuries and illnesses.	
	I understand and will not return to play in a practice or competition if a hit to my head or body causes me any concussion related symptoms.	
	I understand that written permission is needed from a health care provider* to return to play or competition following a concussion.	
	Most concussions take days or weeks to improve. A more serious concussion can last for months or longer.	
	Following a bump, blow, or jolt to the head or body an athlete should receive medical attention if there are any danger signs such as loss of consciousness, repeated vomiting, or a headache that continues or grows in severity.	
	Following a concussion, the brain needs time to heal. I understand that a concussed athlete is more likely to suffer another concussion or more serious brain injury if return to play or competition occurs before concussion symptoms go away completely.	
	In some cases, a repeat concussion can cause serious, long lasting problems or even death.	
	I have read the concussion signs and symptoms on the Concussion Information Sheet and I understand the importance of Concussion Education.	

*\*NOTE: Health Care Provider means a Tennessee licensed medical doctor, osteopathic physician, or clinical neuropsychologist with concussion training.*

Athletes Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Legal Guardian' Signature: \_\_\_\_\_

Date: \_\_\_\_\_

