



# Madison County Parks and Recreation

## Guide for Recognizing Concussions in Athletes

### Signs Observed by Coaching Staff

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

### Symptoms Reported by Athletes

- 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
- Does not "feel right"

It is important to immediately remove athlete from play for the remainder of the event, and request that they seek medical attention. In the event of a concussion, a minimum 6-Day-Return-to-Play guidelines should be followed. If any symptoms return, the process must start over from the beginning. Athletes should not begin the Return-to-Play process until all symptoms are gone for a 24 hour period.