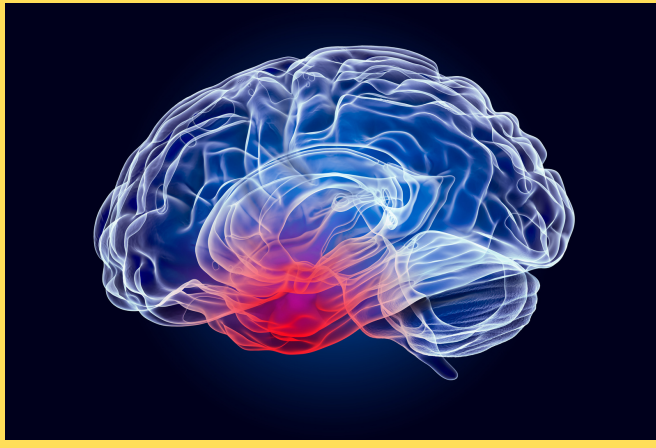


PEORIA YOUTH HOCKEY

CONCUSSION FACTS



HOW A CONCUSSION CAN HAPPEN?

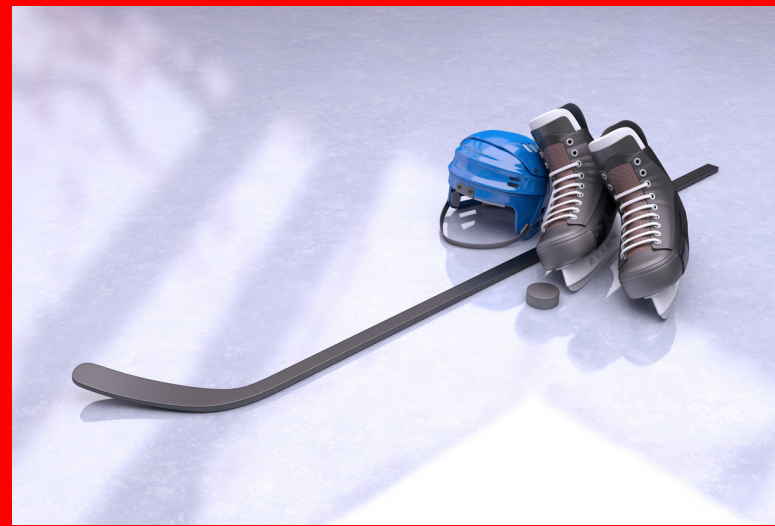
Direct Head Contact

Body Contact Causing Head Movement

Rotational Forces of the Head



WHAT IS A CONCUSSION?



"A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells" -

Center for Disease Control (CDC)
Heads Up Concussion Program

SIGNS OF A CONCUSSION - THINGS OBSERVED

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

CDC Heads Up Program / USA Hockey

SYMPTOMS OF A CONCUSSION - REPORTED BY ATHLETE

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness
- Double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down".



CDC Heads Up Program / USA Hockey

"Athletes who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child / teen for a lifetime. It can even be fatal."
CDC Heads Up / USA Hockey

WHAT TO DO IF AN ATHLETE GETS A CONCUSSION?

1. Remove your athlete from play.
2. Keep your athlete out of play until:



Your athlete is seen by a qualified healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.