

## CONCUSSION FACTS FOR STUDENT-ATHLETES

### 10 Signs of Concussion as Observed by Others

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

### 10 Symptoms of Concussion as Reported by Athlete

- Headache or pressure in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"
- Is "feeling down"

### WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- » Is caused by a blow to the head or body that causes the head and brain to move rapidly back and forth.
- » Can change the way your brain normally works
- » Can range from mild to severe
- » Presents itself differently for each athlete
- » Can occur during practice or competition in ANY sport
- » Can happen even if you do not lose consciousness



### Did you know?

*Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.*

### Return to Play:

Any athlete demonstrating signs or symptoms of a concussion should be removed from physical activity immediately and evaluated by a qualified medical professional (certified athletic trainer, etc.).

A graduated return to activity should be used after getting clearance from a medical professional.

### What should I do if I have a concussion?

**Don't hide it!** Tell an athletic trainer, or coach. Also tell the athletic trainer or coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

**Report it!** Do not return to participation in a game or practice while you are experiencing symptoms. The sooner you are evaluated, the sooner you may be able to return to play. A medical professional can tell you if you have had a concussion and when you are cleared to return to play.

**Take time to recover!** Your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.

## HEAD INJURY DISCLOSURE ACKNOWLEDGEMENT

The University of California, Irvine Club Sports Program has a responsibility to educate its student-athletes of the signs and symptoms of mild traumatic brain injuries; otherwise known as concussions (please see other side more more info).

- A concussion is a brain injury and all Club Sport athletes are responsible for reporting them to a UCI physician or athletic trainer.
- A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep, and classroom performance.
- You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.
- Following a concussion, the brain needs time to heal. You are much more likely to have a repeat concussion if you return to play before your symptoms resolve.
- In rare cases, repeat concussions can cause permanent brain damage and even death.

Concussion symptoms include but are not limited to:

- Amnesia
- Confusion
- Headache
- Loss of consciousness
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Nausea (feeling that you might vomit)
- Feeling sluggish, foggy, or groggy
- Feeling unusually irritable
- Concentration or memory problems
- Slowed reaction time

If you experience any of the **RED FLAG** symptoms below, seek medical attention **IMMEDIATELY**:

- Decreasing, loss, or fluctuating levels of consciousness
- Worsening headache
- Weakness, paralysis or abnormal sensation of face or extremities
- Drainage of blood or clear fluid from the nose or ears
- Slurred speech or inability to speak
- Increasing confusion
- Repeated vomiting
- Increasing irritability
- Numbness in arms or legs
- Pupils becoming unequal in size
- Seizures
- Inability to recognize people or places.

Initials: \_\_\_\_\_ I acknowledge I have received this handout regarding concussions. I am receiving this handout because I suffered from a mechanism of injury directly related to head injuries. If assessed and given instructions by the Club Sports Athletic Trainer, I agree to follow the recommendations. If a head injury assessment was not conducted by an on-site, qualified health care professional, I know and understand that I should seek medical attention if any of the red flag symptoms listed above occur. I verify I take full responsibility for notifying UCI Sports Medicine staff if I seek medical attention, and I also take full responsibility for any injuries or other problems that might occur to me or others as a result of a concussion. I will not return to play in a game or practice until all return to activity steps are completed and it is deemed appropriate by UCI's Club Sports Athletic Trainer.

*By signing below, I acknowledge that I have read, understand and agree to all of the provisions in this Student Athlete Concussion Disclosure Acknowledgement and have supplied correct and complete information as requested.*

Print First and Last Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date (MM/DD/YYYY): \_\_\_\_\_