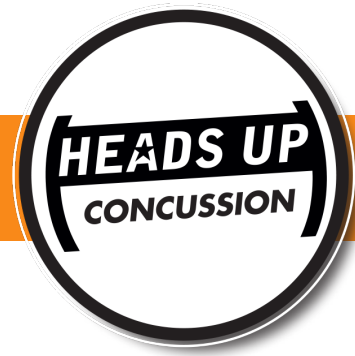


CONCUSSION INFORMATION for volunteers



As a youth sports volunteer, you play a key role in the recreation organization. No matter what role you volunteer for, you can also help protect athletes from concussion or other serious brain injury by learning how to spot a concussion.

CONCUSSION SIGNS AND SYMPTOMS

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

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
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF OR VOLUNTEERS

- 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 (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall

**"IT'S BETTER TO
MISS ONE GAME
THAN THE WHOLE
SEASON."**



**If you suspect an athlete may
have a concussion, report this
information to a parent, coach,
or official.**



JOIN THE CONVERSATION AT [L➤ facebook.com/CDCHeadsUp](https://www.facebook.com/CDCHeadsUp)

TO LEARN MORE, GO TO [>> cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

HEADS UP

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Visit the Terrebonne Parish Recreation Website [>> tprec.org](http://tprec.org)