

## CONCUSSIONS

During the 2006-07 academic year, the NFHS has included in all of its playing rules a Point of Emphasis on "Proper Procedures for Handling Apparent Concussions" (*See below*). The information was developed and published by the Centers for Disease Control (CDC) in a booklet for coaches called "Heads Up: Concussion in High School Sports." Last fall, the CDC, with the assistance of the NFHS and its member state high school associations, distributed the booklet and corollary materials to many of the nation's high schools.

The well-being of student-athletes is of utmost concern to the NFHS and its members. We hope the information in the CDC information packet, in the Point of Emphasis, and on the NFHS website will be of assistance to coaches, teammates and sideline personnel, and also to families and friends. The signs and symptoms of concussions are listed so that all such persons may better evaluate a player's condition if a concussion is suspected. While the ultimate responsibility for each student-athlete's health rests with the student-athlete and his or her parents, guardians and medical professionals, the NFHS believes that this information will help all persons better understand the signs, symptoms and importance of responding to apparent concussions.

### **Point of Emphasis for 2006-07 Proper Procedures for Handling Apparent Concussions**

#### **ACTION PLAN**

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow the athlete to return to play only with permission from an appropriate health care professional.

#### **SIGNS AND SYMPTOMS**

These signs and symptoms may indicate that a concussion has occurred.

##### **Signs Observed by Coaching Staff**

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

##### **Symptoms Reported by Athlete**

- Headache
- Nausea
- Balance problems or dizziness
- Double vision or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion