



Follow our action plan

If you suspect an athlete has a concussion, follow these four key steps:

1. Remove the athlete from activity immediately.
2. Have the athlete evaluated by on-site medical personnel (may include athletic trainer, EMT, physician) and/or emergency room physician if needed.
3. Call **469.800.5720** to make an appointment with one of our concussion specialists and establish a care plan.
4. Obtain written clearance from an appropriate licensed physician or neuropsychologist (depending on league rules) when the athlete is deemed ready to return to play.

BSWHealth.com/StarConcussion
469.800.5720
469.800.7545 Fax



BaylorScott&White
SPORTS CONCUSSION PROGRAM
AT THE STAR

A member of HealthTexas Provider Network



3800 Gaylord Parkway
Suite 830
Frisco, TX 75034

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Sports concussion action plan



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Warning signs and symptoms

Athletes experiencing any of the signs or symptoms listed below may have experienced a concussion and should follow the action plan immediately.

Signs observed by coach, athletic trainer, parents or teammates:

- Loss of consciousness
- Moving slowly/clumsily
- Loss of balance
- Vomiting
- Disorientation/confusion
- Inability to recall events right before or after the injury

Symptoms reported by athlete:

- Headache
- Double/blurry vision
- Dizziness/lightheadedness
- Fatigue
- Nausea/vomiting
- Feeling “foggy”
- Sensitivity to light
- Sleeping more/less than usual
- Irritability
- Concentration/memory problems
- Sensitivity to noise
- Change in mood



At-home care following concussion

It is important to avoid all activities that could pose risk for further head injury. Please refrain from sports, workouts, and activities such as band or drill team until evaluation with our concussion specialists. Following an initial rest period of 24–48 hours, it is important to establish and maintain a regulated schedule with the following considerations:

- **Sleep:** Keep a strict sleep schedule with regular bedtime and wake time. Limit naps to 30 minutes or less.
- **Diet:** Maintain adequate caloric intake for the athlete’s body weight.
- **Hydration:** Drink lots of water!
- **Physical activity:** Allow light activity such as taking a walk, avoiding any activity that increases symptoms. Athletes will receive tailored recommendations for physical activity during their evaluation with our concussion specialists.
- **Stress:** Try to reduce stress as much as possible. Our team will provide academic accommodations and recommendations to help reduce stress.



Critical red flags

If any of the warning signs and/or symptoms begin to worsen, or if any of the following are observed, **dial 911 immediately** and/or have the athlete transported to the nearest emergency room for evaluation:

- Persistent or worsening headache
- Seizure
- Unable to wake
- Slurred speech
- Repeated vomiting
- Increasingly confused
- Numbness or weakness in arms or legs
- Unusual behavioral changes