




# Protection Is the Name of the Game



## Concussion Signs and Symptoms

### Signs observed by coaches or counselors:

- Appears dazed or stunned
- Is confused about activity or position
- Forgets sports plays or instructions
- Is unsure of activity details, game, score, or opponent
- Moves clumsily or with poor balance
- 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

### Symptoms reported by athlete or camper:

- 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"

## Next Steps

### If you suspect that an athlete or camper has a concussion...

1. Remove the individual from the activity. (When in doubt, sit them out.)
2. Seek immediate medical attention. Do not try to judge the severity of the injury yourself. Healthcare professionals have a number of methods that they use to assess injuries. Record the following information and provide to the healthcare professional:
  - Cause of the injury and the force of the hit or blow to the head or body
  - Any loss of consciousness (passed out/knocked out) and if so, the duration
  - Any memory loss immediately following the injury
  - Any seizures immediately following the injury
  - Number of previous concussions (if any)
3. Inform the individual's parents or guardians about the possible concussion. Make sure they know that the individual should be seen by a healthcare professional experienced in evaluating concussions.
4. Keep the individual out of play the day of the injury and until an appropriate healthcare professional says he or she is symptom-free and is okay to return to play.

For information about accident insurance solutions the AIG companies offer for amateur sports organizations, recreational organizations, and educational institutions, visit [aig.com/aheadofthegame](http://aig.com/aheadofthegame).

### IMPORTANT CONTACT INFO

EMERGENCY MEDICAL SERVICES

Name:

Phone:

TEAM/CAMP PHYSICIAN

Name:

Phone:

HOSPITAL

Name:

Phone:

**For immediate attention, CALL 911**

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