



SPECIAL OLYMPICS CONCUSSION AWARENESS

WHAT IS A CONCUSSION?

A concussion is a brain injury caused by a bump to the head.

Concussions are also caused by:

- Many head bumps over time
- A blow to the body that makes the head move quickly back and forth

SUSPECTED CONCUSSION → SIT OUT

A participant suspected of having a concussion must be removed from sports practice and competition. If a qualified medical professional is on site, that person has final authority to decide if it is safe to return to play.

SIGNS AND SYMPTOMS

- Forgetfulness
- Dazed or stunned
- Confusion
- Clumsiness
- Answers questions slowly
- Lost consciousness (even briefly)
- Mood, behavior or personality changes
- Headache or head “pressure”
- Nausea or vomiting
- Balance problems or dizziness
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Blurry vision
- “Not feeling right” or “feeling down”

When in doubt, sit them out!



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RETURN TO PLAY

A participant who has been removed from practice, play or competition due to a suspected concussion may not participate in Special Olympics sports activities until either of the following occurs:

(1) At least 7 days have passed since the participant was removed from play and a currently licensed, qualified medical professional provides written clearance for the participant to return to practice, play and competition.

OR

(2) A currently licensed, qualified medical professional determines that the participant did not suffer a concussion and provides written clearance for the participant to return to practice play immediately.

COACH TRAINING

Special Olympics coaches are required to complete concussion awareness training at least every 3 years.

Visit www.cdc.gov/headsup/youthsports/training/ to complete the training. Submit the certificate of completion to your Special Olympics Program.

MORE INFO

Find more information on concussions at:

www.cdc.gov/concussion

Contact your Special Olympics Program for more information on the Special Olympics Concussion Awareness and Safety Recognition Policy.

When in doubt, sit them out!