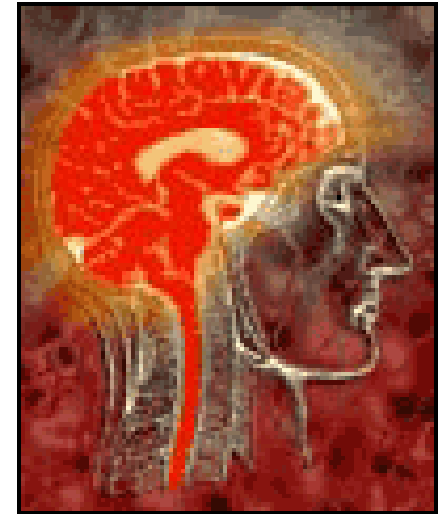


# “Heads Up: Concussion in Youth Sports”



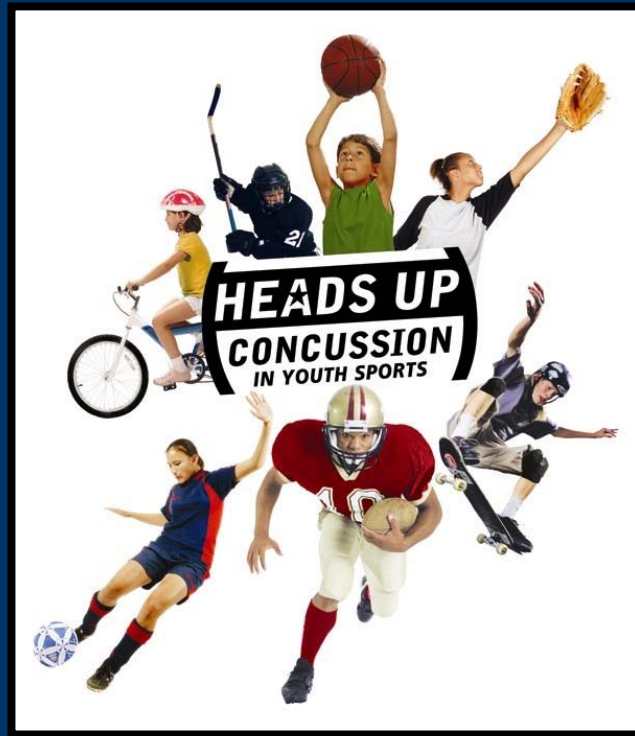
# Facts about Concussion

- **A concussion is a brain injury**
- **As many as 3.8 million sports- and recreation-related concussions occur in the United States each year**
- **Concussion is caused by a bump or blow to the head or body that causes the brain to move rapidly inside the skull**



# Facts about Concussion

- **Concussions can occur in any sport and all concussions are serious**
- **Concussions can occur without loss of consciousness**
- **Repeat concussions can result in brain swelling, permanent brain damage, and even death**



# CDC's "Heads Up: Concussion in Youth Sports" tool kit

# Overview of the Tool Kit

- **Developed for youth sports coaches, administrators, parents, and athletes**
- **Goals of the tool kit:**
  - **Raise awareness about concussion**
  - **Provide coaches with tools that will help them prevent and recognize concussion and take appropriate action if a concussion occurs**
  - **Help coaches educate others about concussion**



# Materials

- Tool kit materials include:

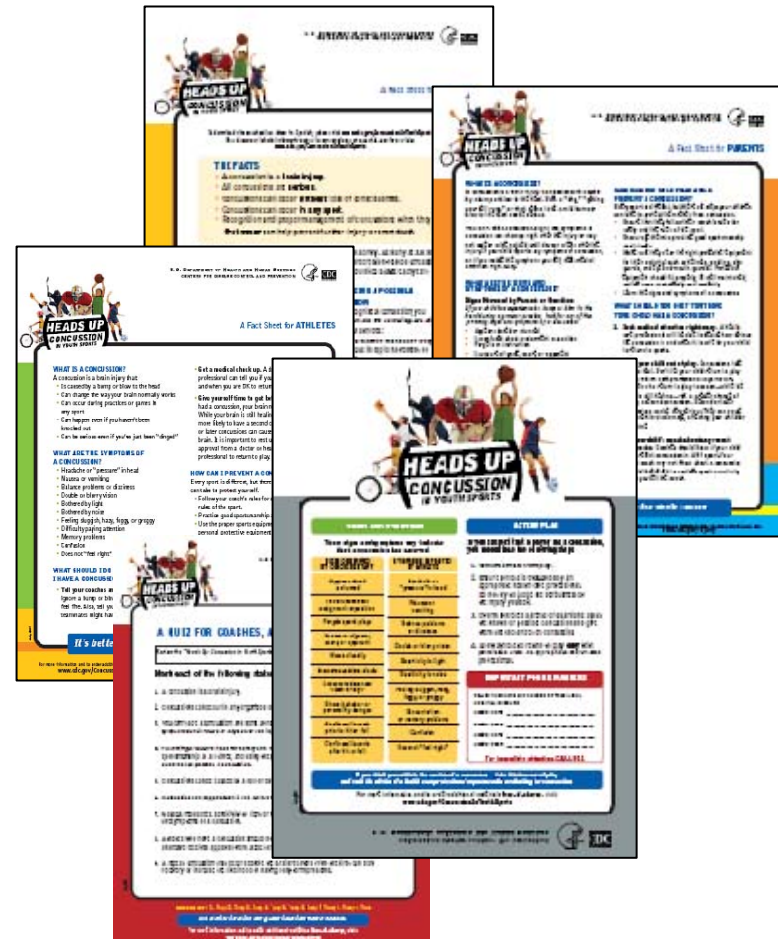
- Fact sheets for coaches, parents, and athletes

- Clipboard

- Magnet

- Poster

- Concussion quiz



# Materials: Recognizing a Concussion

- To help recognize a concussion, you should learn the signs and symptoms and watch for the following two things:

– **A forceful blow to the head or body that results in rapid movement of the head**

**and**

– **Any change in the athlete's behavior, thinking, or physical functioning**

# Materials: Signs and Symptoms

## **SIGNS OBSERVED BY COACHING STAFF**

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

## **SYMPTOMS REPORTED BY ATHLETE**

- 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
- Does not “feel right”



# Materials: Prevention

- Insist that safety comes first
- Teach athletes safe playing techniques
- Encourage athletes to practice good sportsmanship
- Make sure athletes wear the right protective equipment for their activity



# Materials: Concussion Action Plan

- 1. Remove the athlete from play**
- 2. Ensure that the athlete is evaluated right away by an appropriate health care professional**
- 3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion**
- 4. Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion**



# Materials: Return to Play

- Athletes should not return to play until:
  - They are symptom-free
  - Receive permission from a health care professional experienced in evaluating for concussion

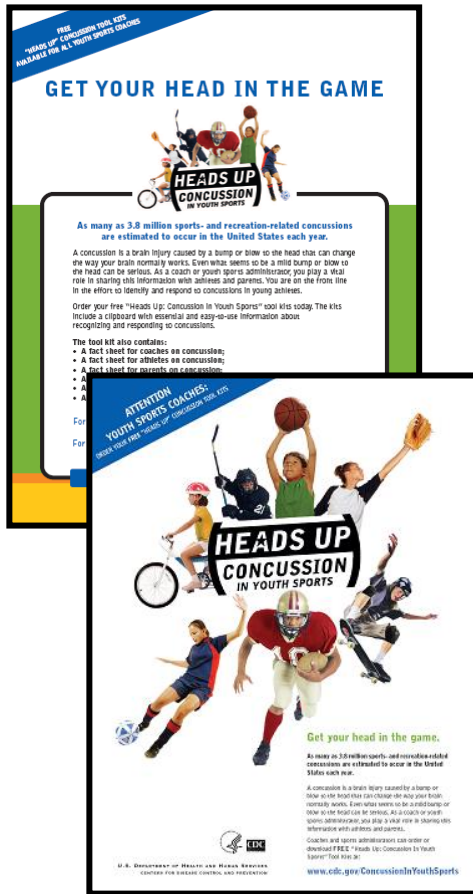


# Participating Organizations

## CDC collaborated with over 26 organizations:

- Amateur Athletic Union
- American Academy of Pediatrics
- American College of Emergency Physicians
- American College of Sports Medicine
- American Medical Society for Sports Medicine
- Association of State and Territorial Health Officials
- Brain Injury Association of America
- Children's National Medical Center
- Children's Safety Network
- Institute for Preventative Sports Medicine
- Institute for the Study of Youth Sports
- National Alliance for Youth Sports
- National Association for Sport and Physical Education
- National Athletic Trainers' Association
- National Center for Sports Safety
- National Council for Accreditation of Coaching Education
- National Council of Youth Sports
- National Football League
- National Recreation and Park Association
- National Youth Sports Coaches Association
- President's Council on Physical Fitness and Sports
- State and Territorial Injury Prevention Directors Association
- The Children's Hospital of Philadelphia
- USA Football
- YMCA of the USA
- Youth Sports Research Council, Rutgers, The State University of New Jersey

# National Launch



## National launch: July 26<sup>th</sup>, 2007

- National radio media tour had with over 30 million listeners
- Full-page ad in the 2007 NFL Pre-Season issue of Sports Illustrated (*readership of over 11 million*)
- 20,000 copies disseminated in first two months of the launch

# What Can You Do?

- Educate athletes and parents about concussion
- Teach athletes and parents that it's not smart to play with a concussion
- Prevent long-term problems



# What Can You Do?

- Ensure your youth sports league has a concussion policy and action plan
- Promote tool kit at events throughout the various sports seasons
- Include information and materials from the tool kit in coaching clinics
- Adapt coaching curricula to include information to match the tool kit materials and content



# How Can I Get a Copy?

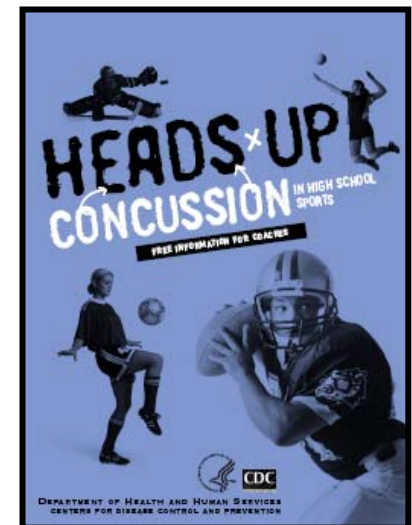
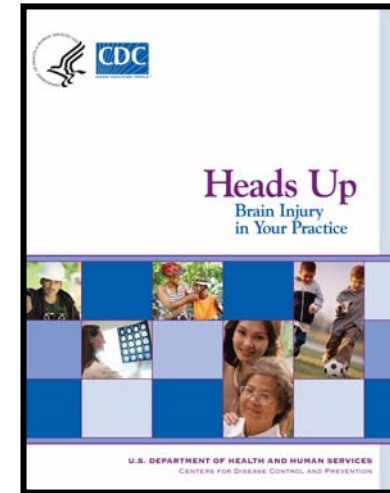
**The tool kit can be ordered at no cost by  
visiting CDC's website at:**

**[www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)**



# Additional Resources

- **“Heads Up: Brain Injury in Your Practice”** tool kit for physicians
- **“Heads Up: Concussion in High School Sports”** for high school coaches, administrators, and trainers



**For More Information, Contact:**

**CDCINFO at 1-800-CDC-INFO  
or Email [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)**