



CHSAA SMAC Alert

Head Trauma & Concussions



DEFINITION

A concussion is a type of traumatic brain injury (TBI), caused by a bump, blow or jolt to the head or body that can change the way your brain normally works.

SIGNS AND SYMPTOMS OF CONCUSSION

PHYSICAL		COGNITIVE	
Headache	Nausea/Vomiting	Disorientation and/or confusion	
Blurred Vision	Numbness/Tingling	Feeling mentally "foggy" or "slowed down"	
Dizziness	Sensitivity to light	Memory loss or difficulty remembering	
Poor balance	Sensitivity to noise	Difficulty concentrating, feeling easily distracted	
Seeing "stars"	Ringing in ears	Slowed and/or slurred speech	
Neck pain	Vacant stare/Glassy eyed		
EMOTIONAL		SLEEP/ENERGY	
Irritability	Feeling anxious/nervous	Drowsiness	Increased sleep
Personality change	Sadness	Fatigue	Trouble falling or staying asleep
Feeling more emotional	Inappropriate emotions		

ASSESSMENT/PROCEDURE

- Remove athlete from participation if there are signs and/or symptoms of concussion
- Speak directly with parent/guardian about the suspected injury. Tell them how the injury happened and what signs/symptoms the athlete is experiencing. Instruct them to observe for worsening signs/symptoms, seek medical care and clearance for the concussion.

MANAGEMENT

- School should have an internal process for academic adjustments. School staff should communicate and work closely together to support recovery.

The Role of the Student Athlete

- It is the student athlete's responsibility to report all injuries and symptoms to their parent(s) and/or guardian(s), coach and athletic trainer.

The Role of the Parent

- Must report a suspected or diagnosed concussion to school personnel regardless of where and how it happened.

The Role of the Coach

- Do not allow return to athletic participation until the athlete has a written release from an appropriate medical provider per state law/CHSAA bylaw 1780.21.

The Role of the Official

- The contest official can look for signs, symptoms and conditions of head trauma and if observed shall send the player to the sideline to be evaluated by school personnel and/or a licensed practitioner.

The Role of the Licensed Practitioner

- If at any time during participation, at student athlete is removed from participation due to concerns for concussion, the student athlete must obtain a written release from a licensed practitioner (as defined in the CHSAA bylaw 1780.21) before participation again.

The Role of the Licensed Athletic Trainer

- Assist in removing athlete(s) from athletic participation and coordinating further evaluation and follow up if a concussion is suspected.

Colorado's Concussion Law (Senate Bill 11-040)

- Requires coaches of public, private, middle, high school, recreational and club leagues (ages 11-18) years participate in an annual concussion recognition course. [Full Senate Bill](#)

RETURN TO SPORT

- Once a student has received clearance from a qualified medical provider they should be progressed through a return-to-sport protocol per the [International Guidelines on Concussion in Sport](#).
- Reinjury before a concussion is fully resolved may increase the risk of longer recovery, long-term or permanent symptoms and very rarely "Second Impact Syndrome" (SIS). SIS is the rare phenomenon in which an athlete still suffering from a concussion has severe brain swelling from a second injury, typically resulting in severe disability or death.

For complete CHSAA Head Trauma & Concussions information, go to

CHSAANOW