



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/headsups/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!