



Parent, Student, Coach BE ON THE SAME TEAM

“What Is a Concussion?”



A Concussion is an injury to the brain. A transient alteration in brain function caused by trauma. There is no visible injury to the brain. Changes in the brain occur at a cellular level which can lead to altered brain functions as well as signs and symptoms such as:

- Headache
- Nausea
- Vomiting
- Dizziness
- Vacant Stare
- Nervousness
- Fatigue
- Feels “Foggy”
- Balance Problems
- Visual Problems
- Sensitivity to Light
- Sensitivity to Noise
- More Emotional
- Sadness
- Appears Drowsy
- Feels Slowed Down
- Appears Dazed or Stunned
- Difficulty Concentrating
- Confused About Recent Events
- Difficulty Remembering
- Irritability or Moodiness
- Appears Uncoordinated/Unsteady

Note: An athlete with a normal MRI or CT Scan may still have a concussion.

The Law PA 14-66

“The Coach....shall immediately remove a student athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.”

When in Doubt – Sit Them Out!



Emergency Referral

Your health care provider should be notified immediately for a suspected head injury. Athletes with any of these more severe symptoms should be referred immediately to the nearest hospital emergency department:

- Loss of Consciousness
- Headache of Increasing Intensity
- Decreased or Irregular Pulse or Respiration
- Slurred Speech
- Unequal Pupils
- Seizure Activity
- Vomiting

Treatment of a Concussion

“The cornerstone of concussion management is physical and cognitive rest until symptoms resolve...”

Why Rest?

ANY activity that increases blood flow to the brain may increase symptoms, and should be avoided! Healthcare providers or school personnel may recommend:

- No computer use
- No video games
- No text messaging
- No driving
- No sports
- No P.E.
- No weightlifting
- No school work
- No spinning carnival rides
- No Recess/Playground

Return to Play (RTP)

It is impossible to predict accurately how long concussions will last. There must be full recovery before someone is allowed to return back to play. Connecticut law requires that no athlete may resume participation until they have received clearance from the proper medical personnel. The initial clearance does NOT return an athlete to enter a contest but to begin the prescribed gradual return to play program. Once the gradual RTP program is satisfactorily completed a second (final) clearance from the proper medical personnel is required for an athlete to return to full participation.