

Concussion Information

Center for Disease Control and Prevention

Fast Facts

- A concussion is a brain injury and all are serious.
- Most concussions occur without loss of consciousness.
- Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

What is a Concussion?

A concussion is a type of [traumatic brain injury](#), or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

Signs Observed by Parents/Guardians	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Loses consciousness (<i>even briefly</i>)	Sensitivity to noise

Answers questions slowly	Concentration or memory problems
Shows mood, behavior, or personality changes	Confusion
Can't recall events <i>prior</i> to hit or fall	Does not "feel right" or is "feeling down"
Can't recall events <i>after</i> hit or fall	Feeling sluggish, hazy, foggy, or groggy

Concussion Policy

Memorial Girls Lacrosse Club

The student-athlete will be removed from practice or competition immediately if suspected to have sustained a concussion. Every student-athlete suspected of sustaining a concussion shall be seen and cleared by a physician. A physician and parent must sign a Concussion Return to Play Form prior to an athletic participation with the Memorial Girls Lacrosse Club.

Please see documents tab on our website for the Concussion Return to Play Form and more literature concerning concussions.