

WAM United Concussion Information Page

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 fall or a blow to the body that causes the head and brain to move quickly back and forth.

Health care professionals may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

Concussions can be difficult to diagnose, in part because symptoms can be subtle. Sometimes you'll notice that your child may be unusually tired, they "just don't seem like themselves", or they're bothered by loud noises or bright lights. Other symptoms are more obvious, such as vomiting or the inability to answer questions. It's important to remember that your child may not be able to recognize and/or verbalize their own symptoms, especially if they are young. And to make it even more complicated, symptoms may not show up for hours or even days. For older children, they may intentionally hide their symptoms because they want to get back in the game or to appear “tough”. WAM United coaches have training in the detection of concussions and follow the adage “**When in doubt, sit them out.**” The best preparation as a parent is to be informed. We ask that you please take the time to review our policy.



For the complete **WAM United Concussion Policy** [click here](#)

For additional information, the following website has excellent information for parents, athletes and coaches:

<http://www.cdc.gov/concussion/index.html>